



BEST PRACTICES FOR AVOIDING FOOD WASTE AT HOME

We all know that wasted food is wasted money. Many of us know that feeling of buying beautiful, fresh groceries, only to have them go bad before we use them up.

Do you find yourself throwing out food more often than you would like?
Looking for tips to reduce food waste?

This checklist provides some tips on how to maximize your groceries and minimize waste.

Develop a Workable Menu Plan:

If weekends are less busy, take that time to prep out and/or freeze your meals. To reduce food waste, save simple meals for your busy days, and more elaborate ones when you have time to unwind and enjoy cooking.

Properly Store Foods:

If your food is stored properly, your items will last longer. For example, store potatoes in a cool area away from direct sunlight. Keep ripe bananas in the refrigerator to help slow the ripening process. Bananas can cause other fruits to ripen quickly, so store them separately.

Prep Out Your Grocery Items:

As soon as you get your groceries, prep out your perishable items. Wash, dry, and portion out all your fruits, veggies, and meats. This makes it easier come cooking time and encourages you to use up fresh items.

Eat Your Leftovers:

Consider your leftovers as part of your meal planning week. Turn Monday night's dinner into Tuesday's lunch. If you have too many leftovers to contend with, freeze them for subsequent meals.

Take an Inventory of Your Fridge:

Sometimes refrigerators can seem like food blackholes. Take an inventory of your fridge items every week. If there are items that need to get used up you can freeze, pickle, preserve, or cook them.