5 Easy Ways to Waste Less Food at Home

1. EAT MORE LEFTOVERS
Love ‘em or hate ‘em, leftovers are a fact of life—and one of the most common forms of food waste! If you don’t want to eat the same dish the next day, try turning it into something else. Leftover rice from takeout makes great fried rice, pasta can become pasta salad, and extra roast chicken makes a delicious base for pot pie. Find recipes and more at www.savethefood.com!

2. PLAN MEALS FOR THE WEEK
Save money and time by planning what you want to make for the week and writing out a thorough list before you shop. Always remember to shop at home first by checking out what’s in your fridge or pantry to help prevent buying extra food you don’t need.

3. UNDERSTAND EXPIRATION DATES
Turns out those “sell by” and “use by” dates are more for the grocery store than for you. Most food is okay to eat if it smells and looks alright. We know it can be scary to go on senses alone, so if you’re unsure about how long certain foods can last out of date, check out online resources from the USDA.

4. STORE FOOD RIGHT
Keep eggs, dairy, and meat on the bottom shelves of your fridge, and fruits and veggies in the crisper. Use your freezer to “stop time” on leftovers, vegetables, and bread. On the counter, bananas should be kept away from other fruits and asparagus should be stored upright like a bouquet of flowers, apples and potatoes can live together.

5. COMPOST
Even with the best of intentions, some things just can’t be eaten. Instead of tossing it into the garbage, compost it! Once food is composted, it can be “returned” to the earth—a big step up from becoming harmful greenhouse gases in a landfill. Check to see if you have a compost pick-up or drop-off option in your area, or consider composting at home with worms, a tumbler, or a compost bin.

www.makefoodnotwaste.com