

Reducing Wasted Food at Home

Easy tips you can start using today!

You can reduce how much food you throw away each week with some small changes to your routine at home. Save food and money by planning, making lists, or getting creative. The key to success is making changes that fit your lifestyle. Try some or all of the tips below and see what works best for you. Remember, reducing wasted food gets easier once you develop the habit.



PLAN YOUR MEALS AND SHOP SMART

- Take inventory of your fridge and pantry before going to the store to avoid over-buying.
- Develop a list of what meals to make between shopping trips.
- Factor in left-over nights and eating out when you plan your meals.
- Make a list and stick to it!



MEAL PREP

- Chop, pre-cook, and/or freeze items right when you get home from the store.
- Prepping your food makes it easy to throw a meal together later in the week.
- Prepare perishable foods in advance, so that when you're hungry, the food will be ready to use or eat.



LABELING AND PROPER STORAGE

- Most date labels are there to indicate peak quality, not food safety.
- Don't let date labels scare you into throwing food out before looking at, smelling, or tasting it.
- Investigate how to properly store food to maximize shelf life.
- Keep a list of frozen items on the outside of your freezer. It's easy to forget about food in there!



USE LEFTOVERS AND BE CREATIVE

- Eat older items first. Designate an 'eat first' section of your fridge.
- Eat leftovers for lunch the next day, or freeze them for an easy meal down the road.
- Think 'ingredients' not 'leftovers'. There are unlimited ways to turn leftovers into new dishes.
- Think outside the box. Just because it isn't in your recipe, doesn't mean you can't use it. Even with meal planning, you may be left with extra ingredients. Try repurposing them into recipes or snacks.

Want to learn more?

Visit: savethefood.com or epa.gov/recycle/reducing-wasted-food-home



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