

Food Waste Reduction: *Our Favorite* Tips

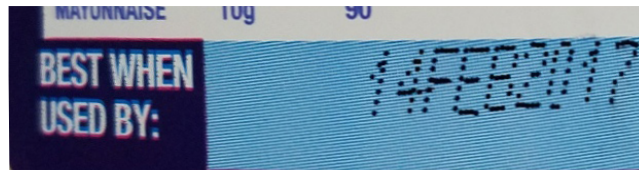


Food Waste Reduction Tips: Before You Shop

- Scan your fridge and your main food-storage shelves so you are more aware of what you already have at home.
- Plan a couple of meals to use up perishable foods you have on hand.
- Make a shopping list. (Also saves time and money and supports healthier choices!)

For more savvy shopping tips, visit:

SaveTheFood.com/tips/shopping-guidelines



Food Waste Reduction Tips: Don't Blind Date!

There are no consistent regulations on date labeling, so know your dates:

- "Sell by" dates tell retailers when manufacturers recommend removing items from shelves. Food is generally good well past this date so open it and check.
- "Best when used by" and "use by" dates reflect producers' estimates of how long the food will be at its peak. Food is generally fine well past this date!

For more great food label date information, visit:



Give all food
a future

a food-waste reduction, recovery, and composting program of
 Emmet County Recycling

“Imagine walking out of a grocery store with four bags of groceries, dropping one in the parking lot, and not bothering to pick it up. That’s essentially what we’re doing in our homes today.”

—Dana Gunders, Former Senior Scientist, Food & Agriculture Program, NRDC



**So
easy!**

Food Waste Reduction Tips: When You Shop

- Choose a small shopping basket or cart. It is human nature to fill a big cart if we have one in front of us!
- Buy from bulk bins or the salad bar if you need just a small amount of an ingredient.
- Think twice about 2-for-^s1-type offers. Note: many stores offer the sale price even if you buy less than the stated quantity

For more savvy shopping tips, visit:
SaveTheFood.com/tips/shopping-guidelines



*Cut out these
“recipe cards.”*

Food Waste Reduction Tips: Plan Meals

- Put a couple of your "top ten" meals into the plan first—those tried and true meals your turn to regularly.
- Include one unplanned day at least every week or two because periodically you will need to just eat up what’s around or you will eat out.
- Plan a cook-once-eat-twice dish (soup, casserole, meatloaf) to enjoy again on a busy night later in the week or to freeze for another week.

For more great meal planning ideas, visit:
SaveTheFood.com/tips/10-easy-tips-for-meal-planning

Before you shop
“Just take a glance in your fridge so you are more aware of what you already have.”



Make It Last: Storing Fruits at Home

- Being stored with apples or bananas will speed the ripening of many fruits so, generally, keep them separate.
- Set the humidity slider on a refrigerator drawer to LOW for: apples, grapes, ripe peaches, ripe pears, ripe plums, melon and ripe nectarines.
- Designate an “eat first” bowl or a spot in your refrigerator for fruit that needs to be eaten soon.

For more great fruit storage information, visit:
[SaveTheFood.com/food-storage/fruits](https://www.savethefood.com/food-storage/fruits)

When you shop
“Choose a smaller shopping basket or cart.”



Make It Last: Storing Vegetables at Home

- Set the humidity slider on a refrigerator drawer to HIGH for: broccoli, carrots, cauliflower, green onions, herbs, and leafy greens.
- Set the humidity slider on a refrigerator drawer to LOW for: ripe avocados, mushrooms, bell peppers, hot peppers, and summer squash.
- Do NOT refrigerate: basil (keep stem ends in water, like a bouquet), tomatoes, potatoes (keep in dark), winter squash, or sweet potatoes.

For more great vegetable storage info, visit:
[SaveTheFood.com/food-storage/vegetables](https://www.savethefood.com/food-storage/vegetables)

Make it last
“Too much milk or cheese? Freeze it.”



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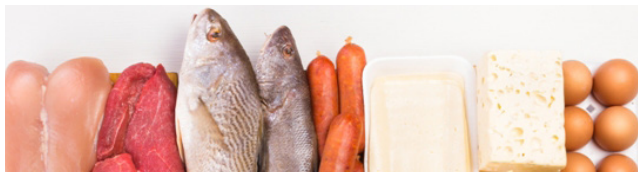
Before It's Too Late: Ripe Fruit

- Make a trendy smoothie! There are hoards of recipes online. All-fruit smoothies are a delicious juice treat; many other recipes are a balanced, portable breakfast.
- Simmer (i.e. berries) or sauté them with a little salt (i.e. apples, bananas, peaches) for a delicious topping for pancakes, cake, or ice cream.
- Freeze it! Frozen fruit will soften, but is great in future baked goods, smoothies, toppings, and compotes.

For more great fruit use ideas, visit:
SaveTheFood.com/cook-it



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from the kitchen of



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Make It Last: Milk, Cheese, Eggs, Meat, Fish

- Store milk, cheese, meat and fish on the lower (cooler!) shelves in your refrigerator.
- Too much milk or cheese? Freeze it! Frozen cheeses may become crumbly, but will work fine in any dish that doesn't require slices.
- Set up a "Use First" area—a small shelf or a shallow box—in the front of your refrigerator and put proteins that need to be used soon there.

For more great food storage information, visit:
SaveTheFood.com/tips