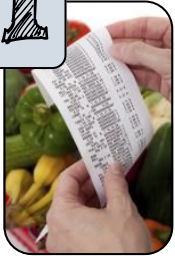


Ten Tips for Making Dinner, Not Waste

How to Prevent Wasted Food

1

Start Tracking Your Wasted Food



Keep your food receipts and track them to see exactly how much food you're throwing away or composting—and just how much money you're throwing away, too. Use the tools and watch the video on our website to get started, and see if you notice any trends after a few weeks!

6

Find Alternative to Plastic for Storing Food



While plastic may seem like an easy food storage solution, plastics are made with many harmful chemicals that can make their way into our food and bodies. Glass, metal and paper can all be better options. Learn about much safer alternatives on our website!

2

Make a “Use it Up” Shelf in Your Fridge



Those almost-wilting greens, that last bit of cheese...it can be easier to use them up if they are more visible! Create a reminder box to collect the things that need eating up soon, so you and others in your household know what to reach for to make a meal or find a snack.

7

Track Big “Fridge Clean-outs”



Every once in a while it's time to do the deep clean out of the fridge! When you do, use the tracking tool on our website to see what you're tossing into the compost or garbage, which can help you plan and store better next time. You might be surprised by some trends in what you're throwing out.

3

Take an Inventory



Before you shop, determine what you really need by using the printable inventory sheet on our website to take stock of what's in your fridge, pantry, and freezer. Post them in a place so you will look *before* going to the store.

8

Can, Freeze, Dehydrate, or Root Cellar!



You CAN do it! These long-term food storage options are great to make your food last longer. Find links and resources on our website to learn from local experts how easy it is.

4

Try Meal Planning



Meal planning can help you save time and money, and reduce food waste. Download and print hard copies, or try the on-line meal-planning tool on our website.

9

Look for “Use-It-Up” Recipes



Use Google or Epicurious to search for the ingredients you have on hand or left-over and turn them into great meals!

5

Learn Easy Ways to Make Food Last



Did you know that storing greens in an airtight container with a wet paper towel can make them last many days longer? Check out the *A-Z Food Storage Guide* on our website for more tips like this to keeping your food fresh.

10

Try Backyard or Worm Composting



Some foods will always have scraps, like oranges and bananas. When you do create food scraps or wasted food, look on our website to learn how you can easily turn it into nutrient-rich soil at home!