



10 TIPS TO LIVE BY TO CUT DOWN YOUR HOUSEHOLD FOOD WASTE

- 1** Buy less! This not only saves you money and reduces the amount of food that you throw out, but it is also saves valuable resources such as water, soil and energy
- 2** Learn the best way to store foods to keep them fresh longer
- 3** Don't throw out food just because its expiration date has passed. Many foods last well beyond these dates and are perfectly fine to eat after the date. Use your best judgement
- 4** Keep your refrigerator between 34 °- 40 ° F and learn where and how to store different foods properly
- 5** Use your freezer to preserve foods. Most foods can be frozen to use at another time so you don't have to throw them out
- 6** Keep inventories on what you have in your pantry, refrigerator, and freezer so you avoid buying items you already have
- 7** Plan meals in advance and purchase what you need for the week accordingly
- 8** Keep portion sizes in mind and use smaller plates. According to studies eat off of a smaller plate will reduce the amount of food you take, eat and throw out.
- 9** Shop smart! Don't go shopping hungry and use a shopping list and vow to stick to it
- 10** Get creative in using up leftovers or wilted or not so fresh produce