

Food Waste Reduction Strategies for Home

Take small portions at meal times; you can always come back for more

Eat parts of food that you would not normally eat (candied orange peels, fried potato skins)



Always try something at least twice. You might like it when you're older, even if you do not like it now

Properly store food in sealed containers. Put food in the freezer if you will not use it for a long while. Freezing prevents food from spoiling, even past its best-by date



Plan your meals for the week. Then make a grocery list based on those meals and only buy what is on the list



Eat all of the food you put on your plate, or save it for later. Freezing food makes it last almost forever! It is also really easy to pickle fruits and veggies at home!

Compost food waste in a compost bin or pile, or donate food waste to somewhere that will compost it, like a community garden



Sniff and/or taste test food past its best-by or expiration date to make sure it's really spoiled before throwing away



Reuse leftovers in new recipes (Thanksgiving turkey and veggies are great in pot pies and on sandwiches)

Buy "ugly" food from the store so it is not thrown away

