



How to Reduce Food Waste at Home

- **Menu Plan** – Purchase only what you need for the recipes/ meals you plan to eat that week
- **Set the Refrigerator to 39 degrees** - This will keep food from spoiling as quickly
- **Freeze Leftovers** - Berries, Casseroles, bananas, will be great another day when you don't want to cook
- **Reorganize the refrigerator every 3-5 days** so food does not get forgotten about at the back of the shelves
- **Store ½ used** onions, lemons, yogurts and herbs, in the front of the shelf so you remember to use them up
- **Designate one meal a week as a use-it-up meal** - Reheat leftovers, and make a soup or casserole out of it
- **Split the meal** when dining out or brown bag the leftovers for lunch
- **Store leftovers in clear containers** and if they are not too liquid store them upside down so they are easy to see what is inside the container.
- **Upcycle food** - Casseroles, soups and smoothies are all good ways to use up close to turning veggies and fruits. Make Sorbets out of squishy fruit, Frittatas out of limp asparagus, roasted potato skins with garlic salt are good, Wilted spinach into a pesto. There is so much more ...



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