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Benefits of Reducing Food Waste



Saves money from buying less food.



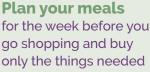
Reduces methane emissions from landfills.

Conserves energy and resources,

preventing pollution involved in growing, manufacturing, and transporting wasted food, and in hauling food waste to the landfill.



Food Waste Tips







Make a list each week of what needs to be used up and plan upcoming meals around it.



Buy only what you need and will use.

Buying in bulk only saves money if you are able to use the food before it spoils.



Prep vour ingredients

When you get home from the store, take the time to wash. dry, chop, and place your fresh food items in clear storage containers.



Many fruits give off natural gases as they ripen, making other

nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.





Wait to wash berries until you want to eat them to prevent mold.





Store your lemons in water in the fridge to make them last up to 3 months.



Store strawberries in a glass jar to make them last a week



Freshen up limp lettuce by letting leaves sit in cold water

for 30 mintues to crisp up.



Repurpose

Use leftover fruits and veggies in smoothies, soups and sauces.



Put food waste in your green compost cart instead of the garbage.

longer.



Sources: USDA, EPA