
Reduce Your Food Waste

Reducing food waste saves money, sets a good example, and helps you manage your food resources.

Throwing away leftovers or spoiled food is frustrating and unsustainable. These tips will help you to reduce the amount of food waste in your household.

Make a food plan:

- Check your food needs and budget
- Make a menu and simple recipe plan
- Include plant proteins, frozen fish, fruits, and vegetables and homemade beverages

Make a shopping plan:

- Shop your kitchen first
- Check for grocery specials
- Shop local and organic sources whenever possible
- Buy fresh when in season
- Minimize food packaging
- Bring your own bags
- Buy in bulk
- Minimize one-time use containers

Store Food Properly:

- Wash and store fresh fruits and vegetables in see through containers
- Check expiration dates; rotate food for “first in first out”
- Freeze any foods with short storage times, such as ground meat

Organize cooking tasks:

- Make beverages from teas, powders, and concentrates and store in reusable containers
- Stock kitchen with basics
- Learn how to cook plant proteins
- Batch cook plant proteins and whole grains for multiple meals
- Repurpose leftovers for multiples meals
- Use food scraps in cooking
- Freeze, dry, or ferment leftover foods

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- Donate or compost uneaten food

Daily habits:

- Make your own beverages and carry in reusable containers
- Pack food in reusable food containers
- Ask for reusable food ware at stores and restaurants
- Cook at home; use less take-out food
- Compost
- Recycle

Special event ideas:

- Make a food plan for just enough food
- Include plant-based proteins, vegetables, fruits, and homemade beverages
- Ask guests to bring non-food items
- Use reusable plates and utensils
- Offer recycling and composting bins
- Pack any leftovers in reusable containers for guests to take home

Resources:

[Menu Planning](#)

[Shopping](#)

[How to Find Local Food Producers](#)

[How to Prioritize Organic Purchases](#)

[Sustainable Fish Species](#)

[Food Storage Chart](#)

[Shelf Life Guide](#)

[Understand Food Expiration Dates](#)

[How to Cook Dried Beans](#)

[How to Cook Whole Grains](#)

[How to Repurpose Leftovers](#)

[Composting](#)

[Recycling](#)