

Easy Tips to Prevent Food Waste At Home



- **Keep the fridge at 40° F or below to prevent spoiling.**
- **Keep fruits & veggies separate.** Fruits release ethylene which causes veggies to spoil. Wash only when ready to use.
- **Colder air sinks to the bottom of your fridge.** Store meat, poultry & fish near the bottom. Side doors are the warmest part of the fridge.
- **Freezing pushes the pause button to extend the storage life of many foods.**
- **Pack veggies loosely allowing air access.** The closer they are, the quicker they spoil.
- **Don't mix leafy greens with root veggies.** They'll last longer when stored in different drawers.
- **Shop your refrigerator first.** Cook and eat the food you have. Use ripe bananas in bread or peel and freeze for smoothies.
- **Plan your menu before shopping.** Make a list and only buy what you need.
- **Avoid buying perishable food in bulk unless you are committed to quickly eating or sharing it.**
- **Revive your veggies with a 10-minute ice water soak.** This works for green beans, carrots, broccoli, celery, asparagus and lettuce/leafy greens.
- **Use the edible parts of food you normally do not eat.** For example, turn stale bread into croutons, use carrot tops or parsley in pesto and turn soon-to-be discarded veggies into soup.