

FOOD WASTE REDUCTION STRATEGIES

COMPOST

Old food scraps can be used as organic fertilizer. Get a bin & begin!



STORE PROPERLY

Store food in a manner which prolongs its shelf-life.



UNCLUTTER & MONITOR FRIDGE

Keep your fridge clean & consume the most perishable products first.



BE YOUR OWN JUDGE

Expiration & other quality-related labels are unregulated & indicate optimum quality, NOT safety. Personally check for spoilage instead of strictly following labels.



SAVE LEFTOVERS

The disposal of left-overs is a waste of sustenance, resources, & money! Consume them later.



BUY UGLY

Imperfect produce is often trashed by grocers, despite all differences being superficial.



DONATE

Contact local food banks or farmers to find who accepts donations in your neighborhood.



DON'T OVER-BUY

Consider consumption rates and perishability before purchasing food.



MEAL PLAN

Plan out the week's meals & compile a thorough list before shopping.



Let your plate help the planet!

