



# Food - It's too valuable to waste!

*Americans waste about 30% of the food we buy. To picture it differently, imagine buying three bags of groceries, only to leave one behind at the store. While we may not intentionally leave behind our groceries, a significant portion of what we buy never gets eaten. Below, find strategies to consider so that the food you buy is eaten and not wasted.*



- **Make a shopping list with meals in mind** - Think about how many meals you prepare each week. What ingredients do you need for those meals? What do you already have in the cupboard, and more importantly what do you have in the refrigerator that needs to be eaten? Write down a list of things to buy, use a smartphone app or try a pre-planned grocery list with recipes.
- **Avoid impulse buying** - Shop on a full stomach to avoid buying more food than you can use before it goes bad. List the quantity and number of meals that you're buying for, especially for fresh items.
- **Less packaging** - Part of the cost for food includes what it's packaged in. Look for foods that have limited or no packaging such as buying food in just the amount you need from bulk bins, buying unpackaged fruits/vegetables and buying concentrated products that you mix with water. Does it have a package that is recyclable in your area?
- **Build in a leftover night** - Save time by planning to have leftovers for lunch or a second dinner. If you are eating at a restaurant, stop eating when you are full and bring home the extras for lunch tomorrow.
- **Use your freezer** - Freeze fresh produce and leftovers that you don't have a chance to eat before they go bad. Write the date on any food you freeze and check your freezer weekly to see if there is something you can use for upcoming meals.
- **Track your waste** - Track the food you toss out, then adjust the amount you purchase or find new ways to use or preserve it.