

TIPS FOR REDUCING FOOD WASTE AT HOME



There are countless resources that go into wasted food, including fossil fuels, land use, water, and money. In fact, the average family of four in the U.S. spends \$1,200 each year on food that is not eaten! The following tips and actions can help you reduce food waste at home.



Organize your fridge to reduce food waste.

If you find that food items in your fridge continue to expire or decompose, try reorganizing your fridge using an "Eat Soon" box or shelf. Designate a spot in your refrigerator where you can place food items each week that you want to use up before they are no longer safe to eat. It is a great way to prioritize snacks for the week and to make sure you incorporate those items into upcoming meals!



EAT SOON!

DEVELOPED IN COLLABORATION WITH THE US EPA



Use the link below to access the King County "Eat Soon" label for your own fridge.

<https://kingcounty.gov/~media/depts/dnpr/solid-waste/waste-prevention/documents/too-good-eat-soon.ashx?la=en>

What do dates on food labels mean?

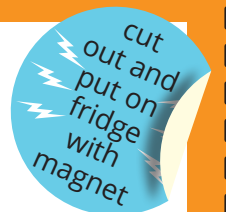
The following list of dates on food labels have been created by manufacturers to inform consumers of the peak taste quality of their food, not to indicate food safety. For example, a date on a package of bread may be the manufacturer stating when the flavor of the bread is at its best.

Cut out this quick guide and place on or near your refrigerator.



The only item that is federally regulated by a date label is infant formula. Additional information on food labeling can be found at the U.S.D.A.'s food safety website: <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

WHAT DO THE DATES ON YOUR FOOD MEAN?



SELL BY:

This tells the store **how long they can sell the item**. You have more time after this date to eat the item.

BEST BY:

You can expect food to **taste its best until this date**. You have extra time after this date to eat this item but eat the item soon.

USE BY:









The taste of food will **start to diminish by this date**. Food won't automatically go bad on this date but try to eat this item soon.

Store food where it will stay fresh longer.

When stored correctly, your food will stay fresher for longer which can save you time, money, and conserves natural resources.

Kitchen Scavenger Hunt

Look for the following six items in your kitchen and move the items if necessary to the storage location below that will help maximize the life of that food.

FOOD ITEM	COUNTER	CUPBOARD	FRIDGE	FREEZER	STORAGE TIP
Bread					Only store pre-sliced bread in freezer if you are not planning on using for several days.
Fresh Herbs					Remove twist ties and store in a glass with an inch of water stem first. This works for all herbs except basil which should be stored on the counter.
Tomatoes					Place on the counter out of direct sunlight.
Bananas					Bananas produce ethylene gas which will make other produce ripen quicker, so it is important to store bananas away from all other produce.
Apples					Just like bananas, apples produce ethylene as well, however they can be stored in the fridge away from other produce.
Onions					Store in a dark cool space away from potatoes. Onions can also make potatoes ripen faster.

Check out King County's Food Storage Guide for more storage tips.
<https://your.kingcounty.gov/dnrp/library/solid-waste/waste-prevention/too-good-food-storage-guide.pdf>

KEEP IT FRESH! 

LEFTOVERS FOR LUNCH

Meal planning

Begin your grocery shopping at home! By making a meal plan before you go shopping, you'll likely save time and money, as well as purchase foods you will be more likely to eat.

Check out the two sample recipes below. More meal planning templates and shopping lists can be found at King County's Food Too Good To Waste website: <https://kingcounty.gov/depts/dnrp/solid-waste/programs/waste-prevention/food-too-good-to-waste/prep.aspx>



Have leafy greens to use up or leftover rice? Try this simple recipe with commonly found ingredients!



Taco Salad

Serving is approx. 2 people
Ingredients:

- 1 Can of Black Beans
- 1 Cup of Rice
- 1 tsp. Paprika
- ½ tbsp. of Chili Powder
- ½ tbsp. Cumin
- 1 tsp. Onion powder
- ½ Cup Cheese shredded
- 2 Cups Leafy Greens

Steps:

1. Drain canned beans and empty into pot on low heat, simmer on low for 20 minutes stirring occasionally.
2. Add cumin and onion powder to beans and cook until tender.
3. Cook rice according to directions on packaging.
4. Once rice is finished add paprika, and chili powder.
5. Place leafy greens on plate, then beans, followed by rice and shredded cheese.



French Fry Breakfast Scramble

Serving is approx. 2 people
Ingredients:

- Leftover French Fries
- 4 Eggs
- 2 tbsp. Cooking Oil
- Cheese - Any Kind, shredded
- ¼ Cup Onion
- ½ tsp. Salt
- ½ tsp. Black Pepper

Steps:

1. In a large bowl whisk the eggs until combined.
2. Add the cheese, salt, and pepper, then stir together.
3. Next, in a large pan, add cooking oil and heat on medium heat.
4. Add leftover fries and onion to the pan and cook for five minutes.
5. Once fries are warm and onion is translucent, add egg and cheese mixture and continue to stir until eggs have met desired consistency.
6. Serve with any additional breakfast toppings that you need to use up!

Do you have extra fries from your takeout food? Use them in the recipe below to make an easy breakfast scramble!



Shop for what you need.

Another way to save money and reduce food waste is to utilize a grocery shopping list. By planning ahead and sticking to your list when shopping, you only buy the food you really need and avoid impulse buys which may end up going to waste.

- ✓ Start your shopping in your own kitchen to avoid purchasing ingredients you already have.
- ✓ Compile your list based on where items are typically located in the grocery store to save time and avoid impulse buys while wandering other aisles.
- ✓ Be realistic about your shopping and meal planning. Start with one or two meals and work your way up.



FOOD ITEM NEEDED	SECTION OF THE STORE ITEM IS TYPICALLY LOCATED IN	QUANTITY NEEDED
<i>Example: milk</i>	<i>dairy</i>	<i>one gallon</i>



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