A handful of ideas to reduce food waste

Feel guilty about wasting food? You’re not alone! About 40% of all food produced ends up in the garbage. So what can we do about that?

**Labels that confuse more than help**
- **Use by.** Intended as a hard cut-off, but not consistent.
- **Sell by.** Groceries should not sell after this date, but you can use, often up to a week beyond this date.
- **Best by.** Best guess for peak quality – not a food safety label.

What to do instead? Be sure foods are stored properly. Look closely and use the sniff test. Food safety is *extremely important*—but with a bit of research, you might find that you can use some of those foods you’ve been tossing.

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**An estimated 68% of tossed food is actually edible**

**Soups, stews, and omelettes are great for using small quantities of vegetables**

**Is it OK to eat:**
- Potatoes with sprouts? *Yes, but remove the sprouts*
- Green potatoes? No
- Moldy soft cheese? No
- Moldy hard cheese? *Yes, cut off at least 1” around moldy spot*
- Gray ground beef? Maybe, *if it’s only gray on the surface and doesn’t smell bad.*

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**On average, a family of four discards $1800 food/year**

**What to try instead:**

- **Plan a leftovers night.** Soups, stews, and omelettes are great for using small quantities of vegetables.
- **Be realistic about what and how much your kids will eat.**
- **It’s fun to try new recipes, but be sure you have time to cook before buying exotic ingredients.**

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**#1 tip to avoid overbuying – shop several times a week.**

- Sticking to a menu plan is *really hard*
- So we stock up, to ensure we’ll have variety
- Or we plan meals, then decide we want something else
- Instead, try one larger shopping, then quick trips to fill in as needed.

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Ideas and statistics from “Why We Waste Food”
Eating Well magazine, Sept/Oct 2018