

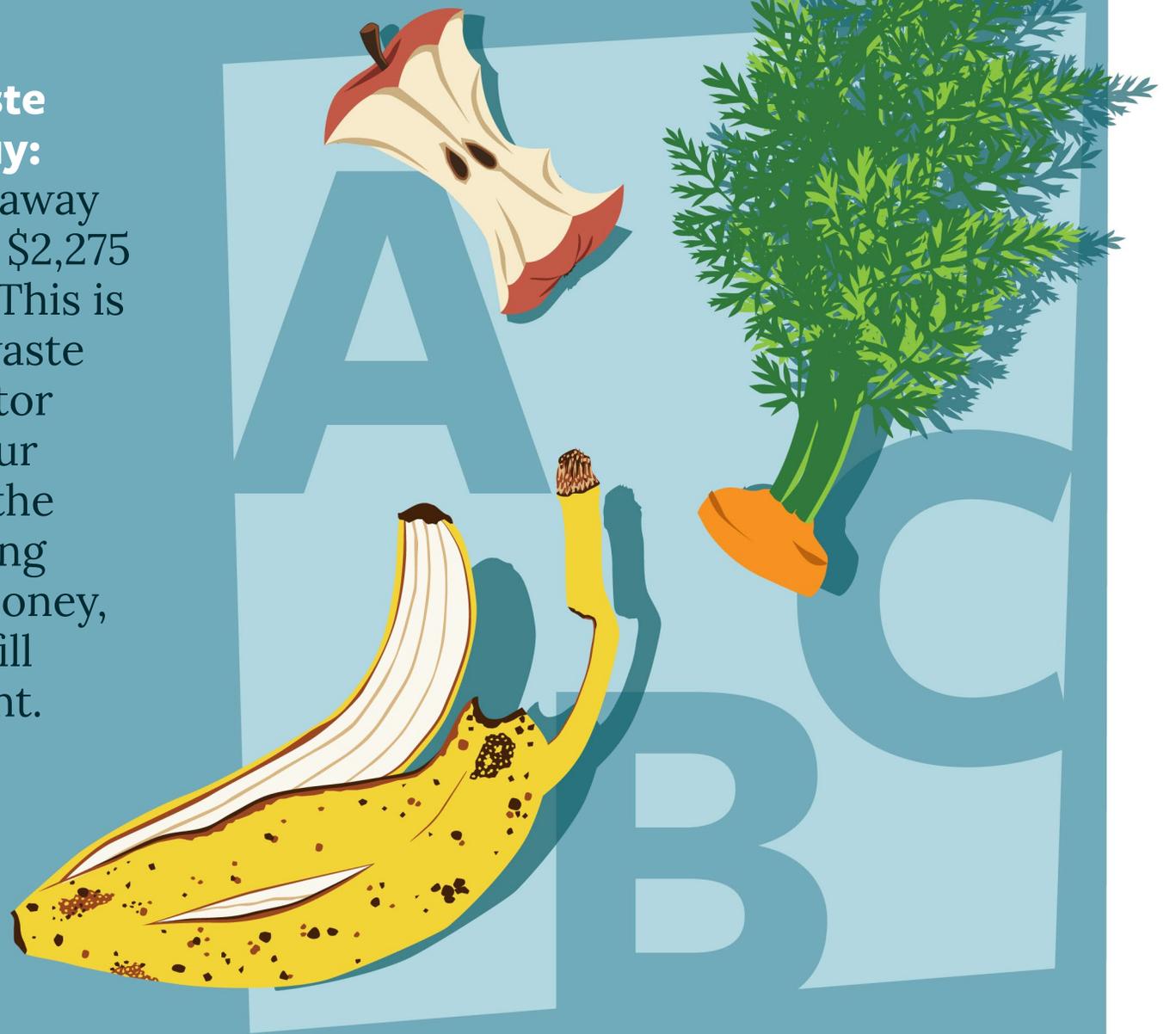
The ABCs of Reducing Food Waste

On average, people waste 25% of the food they buy:

A household of 4 throws away anywhere from \$1,350 to \$2,275 per year in wasted food. This is a waste of resources, a waste of money and a contributor to climate change. Use our interactive PDF to learn the basics of no-waste cooking and how to eat to save money, keep food from the landfill and reduce your foodprint.

www.foodprint.org

FoodPrint.[®]



A

Avoid over buying & skip buying perishable items in bulk. It's not a bargain if you don't eat it all.

B

B is for **blanching**. Par cook vegetables before freezing to help retain their texture & flavor.

C

C is for **composting** food scraps. Get all the info to start a compost bin in our primer.

D

Don't throw it away! Edible food is often thrown away due to confusion about expiration dates and/or unjustified fear of spoilage. Learn what date labels mean.

E

E is for **ends**. Don't overlook the end of your carrot tops (which can be given to dogs as treats) or apple cores (use them to make vinegar).

F

F is for **freezing**. Learn the best methods for freezing a bumper crop of produce to enjoy those flavors all year long.

G

Give extra homegrown fruit & produce to friends, family and coworkers. Or find a local food pantry through AmpleHarvest.org to give it to those most in need.

H

H is for storing **herbs** properly and using them before they turn to mush in the fridge.

I

I is for **infusion**. The stems, peels and extras of ingredients with aromatic flavor – herbs, fruits, vegetables – can be used to create infusions, tinctures and extracts.

J

J is for **jamming**. Cooking fruit or vegetables down into jam is a good way to preserve items at their peak.

K

K is for **keeping food fresh**. Store food properly and it will last much longer.

L

L is for **loving your leftovers**. Take the doggy bag from restaurants; turn them into new dishes at home.

**M**

M is for **meal planning**. Go food shopping with a plan so you don't purchase more than you need.

N is for **using the non-edible parts**. Banana peels can be rubbed on bug bites to take the itch away; eggshells and dried-out corn cobs can be used as pot scrubbers.

O is for using leftover **oils & fats**. Store properly and strain after use, and you can use oil and other cooking fats several times before disposing.

P is for **pesto**. Use leftover leaves, stems, herbs, greens, carrot fronds or beet greens to make pesto.

Q is for **quick pickles!** With refrigerator pickles, make a simple brine, pour it over extra veggies and extend the life of your food for another few weeks.

R **Reduce** the plastic in your kitchen. Swap beeswax wrap & cloth towels for plastic wrap; use glass containers instead of plastic ones.

S **Shop small**. Avoid big monthly shopping trips and only buy ingredients for a few days.

T **Think like a chef!** Before you toss out old, stale or wilted ingredients, give them another look. Chefs turn these items into vinegars, sauces & more.

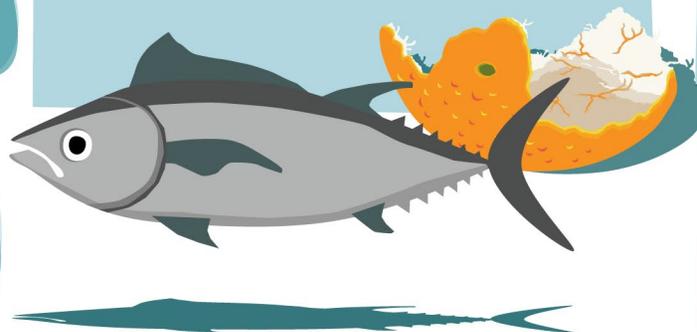
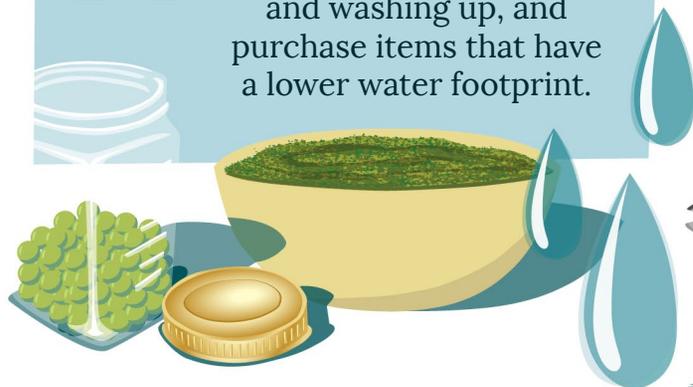
U **Use every part**. Seed, stem, leaf, frond, greens, roots – they can all be used in many different ways.

V **Vow** to keep food scraps out of the garbage. Be mindful of what you are putting into the waste stream.

W is for **water waste**. Save water when cooking and washing up, and purchase items that have a lower water footprint.

X-amine your waste. Look at your current habits & make note of what you can do better.

Yesterday's leftovers are today's lunch. Make a dish brand new by adding fresh herbs or your fridge's best condiments.



Zest your citrus! Don't waste this flavorful part of the fruit. If you don't need it now, freeze it to use later in baking, syrups and marinades.