



Every day, people all across the country throw away one of our most valuable resources—food. According to the EPA, about 95% of food we throw away ends up in landfills. Here are some tips to reduce food waste.



It starts at the grocery store

- Only buy food that you will actually consume.
- Plan your meals ahead and use a shopping list.
- Be realistic about how much food you will eat. Be especially cautious about overbuying perishables that quickly go bad if unused.
- Shopping smart is not only good for the environment, it's good for your wallet!

Kitchen Tips

- Freeze food that you are unable to use up right away.
- FIFO – First in-First out! Use your oldest food first.
- Produce that is a little past its prime may still be fine for cooking. Think soups, casseroles, stir fries and sauces.
- Use food in new ways: Bread heels become croutons. Celery leaves can season beef. Left over chicken broth or bacon grease can flavor a casserole. Broken cookies make a yummy ice cream topper.
- Have a weekly Left-Over Night and prepare a smorgasbord.

Start a Home Composting Pile

- If you want to purchase a bin or tumbler, they are available at many diy-type stores. Or, you can just start a pile in your back yard.
- Yard trimmings and many food scraps can go into your compost. Vegetable and fruit scraps, grass clippings, coffee grounds, egg shells and newspapers all add to creating rich soil.
- Don't sweat it. Serious composters will try to balance out the nitrogen and carbon levels of their compost. However, casual composters toss in a good combination of scraps and compost will just happen.
- Avoid putting meats and bones in your compost pile as this will stink and attract animals. Do not put plastics, colored paper, weeds or pet droppings in your compost.
- Moist compost (but not soaking) is ideal. If it starts to dry out, spray it down. Turning the compost with a shovel will aerate it, keeping it healthy. Worms are compost's best friends.