

# Food Waste Challenge

## Reuse & Store

## Meal Prep

## Eliminate Waste

- Clean your fridge and pantry and make a list of what you have
- Re-use any leftovers
- Freeze food for later
- Keep perishables in the back of fridge where it's the coldest
- Maintain a temperature of below 41°F
- Trust your nose- food might be good past date mentioned
- Donate any non-perishables
- Turn surplus fruits and vegetables into jams
- Freeze older fruit and save for frozen fruit smoothies or snacks later
- Check what food you have and buy only what you need
- Prepare all your meals for the week and store in reusable containers
- Reuse ingredients for multiple meals (i.e. use a roast chicken for a salad and to make chicken broth)
- Make a grocery list weekly or biweekly
- Portion out your food
- Make a menu to make prepping easier
- Make a compost pit with any biodegradable food scraps
- Recycle paper and plastic
- Use reusable kitchenware and canvas grocery bags
- Donate any non-perishables