

Prevent Food Waste in Your Home

Up to 40 percent of food in the U.S. is never eaten! Stock your fridge with these tips to prevent food waste and save you money!



Inside Freezer

Bread, meat, fruit, veggies, herbs, leftovers - and ice cream of course!

Upper Shelves

Ready-to-Eat Foods

Middle Shelves

Dairy Products (Milk, Eggs, Cheese)

Lower Shelves

Raw Proteins

Crisper (Low Humidity)

Apples, Pears, Avocados, Melons

Crisper (High Humidity)

Lettuce, Broccoli, Cucumbers, Peppers, Squash

Maximize Your Food's Lifespan in the Fridge

Side Doors Condiments and Nonperishable Drinks

- ✓ Keep the fridge at 40° F or below to prevent spoiling.
- ✓ Keep fruits & veggies separate. Fruits release ethylene which causes veggies to spoil. Wash only when ready to use.
- ✓ Colder air sinks to the bottom of your fridge. Store meat, poultry & fish near the bottom. Side doors are the warmest part of the fridge.
- ✓ Freezing pushes the pause button to extend the storage life of many foods.
- ✓ Pack veggies loosely allowing air access. The closer they are, the quicker they spoil.
- ✓ Don't mix leafy greens with root veggies. They'll last longer when stored in different drawers.

Smart Strategies for Minimizing Food Waste

We're here to help you!

Household Food Waste Facts

FACTS

- The average family of four wastes **\$1,500** per year on uneaten food.
- **85%** of greenhouse gas is created from activities **BEFORE** food is even discarded.
- Food-date labels are to blame for **7%** of U.S. food waste.

About Food Labels

"Sell-by" means it has to be sold, not eaten, by a given date so stores can make room for more food.

"Best-by" means it will be at its peak of freshness, not safety, by this date. **"Use-by"** indicates when the quality will start to diminish. Simply remembering this can save food and reduce waste.

Easy Tips to Reduce Food Waste at Home

TIPS

- ✓ **Shop** your refrigerator first. Cook and eat the food you have. Use ripe bananas in bread or peel and freeze for smoothies.
- ✓ **Understand** date labels. Baby food labels are the only U.S. regulated food labels. For other foods, smell, taste and rely on your best judgment versus the label date.
- ✓ **Plan** your menu before shopping. Make a list and only buy what you need.
- ✓ **Avoid** buying perishable food in bulk unless you are committed to quickly eating or sharing it.
- ✓ **Revive** your veggies with a 10-minute ice water soak. This works for green beans, carrots, broccoli, celery, asparagus and lettuce/leafy greens.
- ✓ **Use** the edible parts of food you normally do not eat. For example, turn stale bread into croutons, use carrot tops or parsley in pesto and turn soon-to-be discarded veggies into soup.



Do YOU Have Fruit Trees?

There are **FREE** programs designed to pick your extra fruit and provide it to those in need.



Volunteers will come to your home to pick your excess fruit or you can drop it off. Do a good deed, save time, and get a tax deduction! Visit producegood.org/growers to sign up.