

Food Waste is a Main Cause of the Climate Crisis



Benefits of Reducing Food Waste



Saves money from buying less food.



Reduces methane emissions from landfills.

Conserves energy and resources, preventing pollution involved in growing, manufacturing, and transporting wasted food, and in hauling food waste to the landfill.



SHOPPING

Plan your meals for the week before you go shopping and buy only the things needed for those meals.



Look in your refrigerator and cupboards first to avoid buying food you already have.

Make a list each week of what needs to be used up and plan upcoming meals around it.



Buy only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.



STORING

Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.



Prep your ingredients When you get home from the store, take the time to wash, dry, chop, and place your fresh food items in clear storage containers.



Many fruits give off natural gases as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.



Wait to wash berries until you want to eat them to prevent mold.



Store fresh herbs in water to make them last for 3 weeks.



Store your lemons in water in the fridge to make them last up to 3 months.



Store strawberries in a glass jar to make them last a week longer.



Freshen up limp lettuce by letting leaves sit in cold water for 30 minutes to crisp up.



Repurpose Use leftover fruits and veggies in smoothies, soups and sauces.



Put food waste in your green compost cart instead of the garbage.



Sources: USDA, EPA

Learn more at [ExtraFood.org](https://www.ExtraFood.org)