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.

Food Waste Tips

**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.

- **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.

**Storing**

- **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.

Learn more at ExtraFood.org

Sources: USDA, EPA