FOOD WASTE REDUCTION STRATEGIES

COMPOST
Old food scraps can be used as organic fertilizer. Get a bin & begin!

UNCLUTTER & MONITOR FRIDGE
Keep your fridge clean & consume the most perishable products first.

SAVE LEFTOVERS
The disposal of leftovers is a waste of sustenance, resources, & money! Consume them later.

DONATE
Contact local food banks or farmers to find who accepts donations in your neighborhood.

STORE PROPERLY
Store food in a manner which prolongs its shelf-life.

BE YOUR OWN JUDGE
Expiration & other quality-related labels are unregulated & indicate optimum quality, NOT safety. Personally check for spoilage instead of strictly following labels.

BUY UGLY
Imperfect produce is often trashed by grocers, despite all differences being superficial.

DON'T OVER-BUY
Consider consumption rates and perishability before purchasing food.

MEAL PLAN
Plan out the week's meals & compile a thorough list before shopping.

Let your plate help the planet!

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