

# PREVENTING AND REDUCING FOOD WASTE



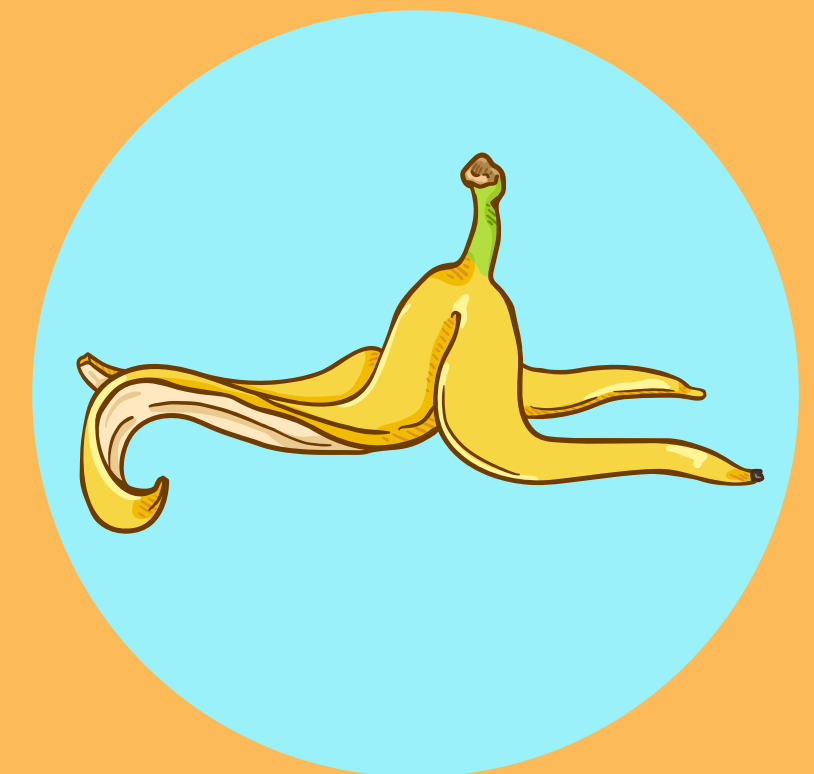
## GROCERY LISTS

- Plan meals for the week
- Use what you already have at home
- Utilize weekly ads to find coupons and sale items



## PRODUCT DATES

Used to indicate peak quality, not the safety of the product. Many food items are still safe to eat after the date listed.



## REUSING LEFTOVERS

Minimize waste by repurposing leftover ingredients and turning them into something new. Visit [www.GleanersNutritionHub.org](http://www.GleanersNutritionHub.org) for recipe ideas!



## COMPOSTING

A great way to dispose of plant scraps to be converted into usable organic soil or mulch



## BUDGET

Reducing food waste can help you save money! The average person loses \$370 per year from food waste.