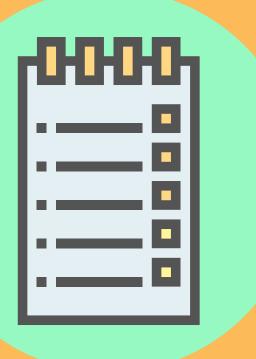




PREVENTING AND REDUCING FOOD WASTE



GROCERY LISTS

Plan meals for the week



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.GleanersNutrition Hub.org for recipe ideas!

- Use what you already have at home
- Utilize weekly ads to find coupons and sale items





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.

ttps://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating https://jandonline.org/action/showPdf?pii=S2212-2672%2815%2901521-X https://www.epa.gov/recycle/composting-home#benefits