



# 10. Minimizing Food Waste

## *Inventory & Organization*

- Take stock before you go shopping
- Check your pantry, fridge, and freezer
- Keep an accessible list and update
- Bring the list to the grocery stores
- Avoid marketing traps at the store



# Creating A Meal Plan

## 10. Minimizing Food Waste



DO NOT USE DIFFERENT INGREDIENTS FOR EVERY MEAL



ESTABLISH BUYING QUANTITIES FOR THE WEEK



AVOID SERVING TOO MUCH



USE WHAT YOU HAVE



ACCOUNT FOR EATING OUT



MORRIS COUNTY  
ECONOMIC DEVELOPMENT CORPORATION  
CREATE. INNOVATE. GROW.

## 10. MINIMIZING FOOD WASTE

# Food Storage Tips

- Store greens in a paper towel in a container in the crisper drawer
- Tomatoes and bananas on the counter
- Potatoes and onions in a cool, dark place separate from each other
- Fresh herbs in a glass of water
- Leafy greens unwashed in a container or sealed plastic bag
- Most fruit can be soaked in water and vinegar, dry completely and seal in airtight container
- Ideal refrigerator temperature is 35-48 F
- Ideal freezer temperature is 0 F



# REPURPOSING EXCESS

---

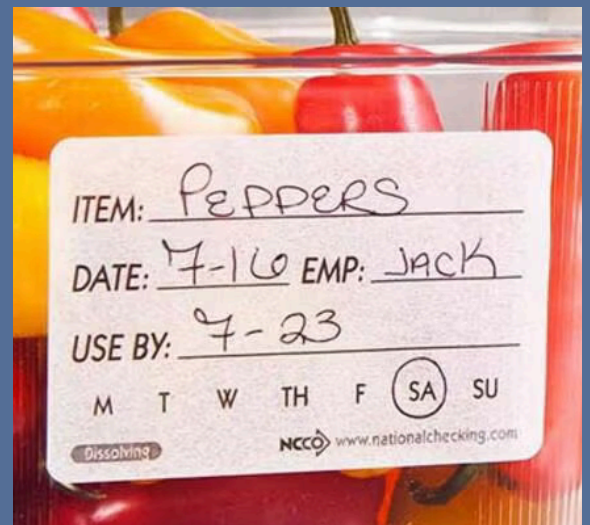
- Experiment with "leftover's" soup, pasta and stir-fry
- Make animal stock with leftover bones
- Make vegetable stock with veggie scraps and peels



## "USE BY" VS. "BEST BY"

---

- Use By tells us when the food is still safe to eat (common for dairy, chilled meat, and prepared foods)
- Best before dates are more flexible. After this date food quality may decrease







MORRIS COUNTY  
ECONOMIC DEVELOPMENT CORPORATION  
CREATE. INNOVATE. GROW.

## 10. MINIMIZING FOOD WASTE

# BUY “UGLY FOODS

- Imperfect fruits and vegetables that are odd or misshaped
- Some companies are offering “subscriptions” of these foods
- Start relationships with farmers or at farmer’s markets for this type of produce
- Note that these are NOT bruised or spoiled produce