

# Tips to Reduce Your Food Waste at Home!

## 1. Try Smart Food Shopping ✓

Only buy what you need at the grocery store. Plan out your meals in advance and only buy what you know you'll eat during the week. Learn more about shopping, prep, and storage techniques at <https://www.epa.gov/recycle/reducing-wasted-food-home>

## 2. Use Food Storage ✓

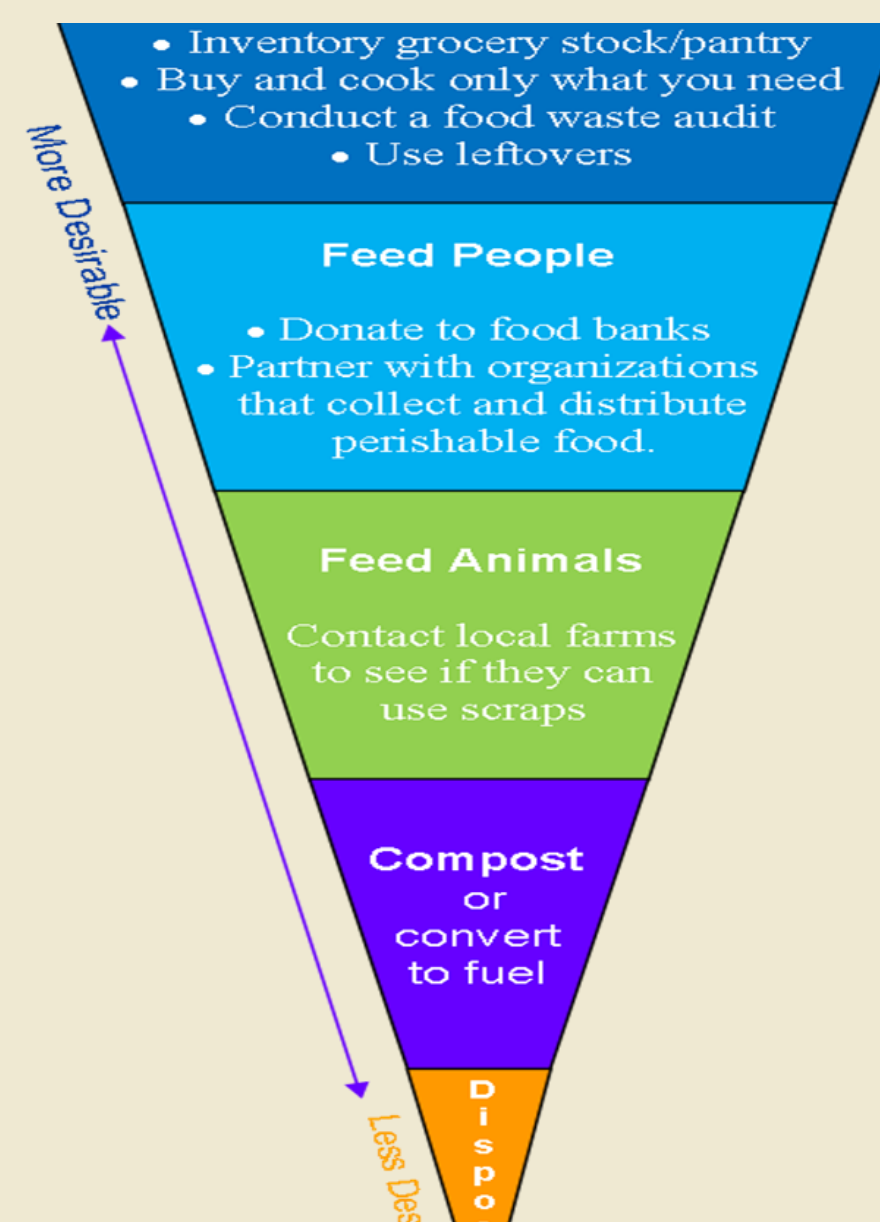
Use storage containers to save leftovers! If you don't eat the leftovers before they go bad you can store them in the freezer and thaw them when you're ready. Similarly, you can freeze fruits and vegetables before they spoil for future use in soups, smoothies, and more!

## 3. Learn New Cooking Skills ✓

Repurpose your leftovers into new meals! For example, leftover taco meat could be used for quesadillas, taco salad, nachos, a pasta dish, and more. You can also use spoiling foods like browning bananas to make sweet banana bread or bruised tomatoes for homemade marinara sauce. Find some recipes here <https://www.wgbh.org/dining-in/2017/11/27/repurpose-thanksgiving-leftovers>

## 4. Donate Surplus Food ✓

If you have uneaten, unwanted, and unused food consider donating those items to a local food pantry or feeding agency. Food banks/pantries can accept almost all food items and as long as you are donating to a nonprofit organization in good faith, you have liability protection. Please find your local food pantry at <https://www.foodpantries.org/>



## 5. Feed Animals ✓

For food that can no longer be eaten by people, but still has nutrients can be eaten by animals. Donate your food scraps to a local farm or feed your pets with pet-friendly food scraps such as carrots, apples, bananas, cooked meats, and other vegetable scraps. For more information visit <https://www.epa.gov/sustainable-management-food/reduce-wasted-food-feeding-animals>

## 6. Compost/Recycle ✓

Compost your food scraps and waste in your own backyard, or bring your food scraps to a local food recycling drop-off site. For more information on what you can compost visit [https://dec.vermont.gov/sites/dec/files/wmp/SolidWaste/Documents/Universal\\_Recycling/The-Dirt-on-Compost.pdf](https://dec.vermont.gov/sites/dec/files/wmp/SolidWaste/Documents/Universal_Recycling/The-Dirt-on-Compost.pdf) Print off this handy food scrap guide to keep in your kitchen! <https://dec.vermont.gov/sites/dec/files/wmp/SolidWaste/Images/FoodScrapsAre.pdf>

