

SMART Planning

Reducing wasted food at home starts with some simple planning. Follow these tips to help get you ready for the week:

- Plan out what meals you will make that week.
- Know your schedule and plan for nights you will eat out.
- Keep a list of recipes that you're comfortable with and your family enjoys to help with meal planning.
- Plan one leftovers night per week.
- Plan to make a double recipe some nights in order to freeze an easy meal for later.



- Plan on shopping once weekly and only for what is needed that week.
- Serve smaller first portions and allow for seconds.

SMART Shopping

Save money and time by being prepared when shopping and know what to look for with these tips:

- Make a shopping list based on your meal plan for the week.
- Include quantities based on how much you will use that week.
- Shop through your fridge, freezer, and pantry first to see what you already have.
- Buy fresh foods in smaller quantities, more often.
- Buy loose fruit and vegetables rather than prepackaged produce to control quantities.
- Choose grains, pasta, and beans from the bulk section to control quantities.
- Avoid “buy one, get one” deals and impulse buys that may go uneaten.
- Stick to the list!



TOO GOOD
TO WASTE

SMART Prep



Use these tips to cut down on meal prep time and help you use all the fresh food you buy:

- Set a specific time each week to prep fresh produce for meal purposes and for snacks.
- Marinate chicken or brown ground beef while you are prepping the fresh foods.
- Getting the whole family involved with food prep can make it more fun.
- Let kids help! Kids are more likely to eat a meal they helped prep or cook.
- Prepare double portions of rice or beans. Freeze the extra portions as ingredients for a future meal.
- Try prepping your food right when you get home from shopping.

SMART Storage

Use these tips to store your fresh produce, leftovers, and freezer items to help keep foods fresh and limit wasted food:

- Use clear storage containers so you can easily see what food you have.
- Label all freezer items with the contents and date.
- Use the Storage Guide to keep your produce fresh as long as possible.
- Freeze fruits and greens that are about to go bad for smoothies and soups.
- Know the difference between “use-by,” “sell-by,” and other dates.
- Put an “Eat First” box in your fridge for fresh items that need to be eaten soon.
- Tidy your fridge and freezer regularly.

