



10 WAYS TO STOP FOOD WASTE

1. Don't Be Bananas!

Browning or spoiled bananas are perfectly fine to eat. Very brown or frozen bananas are great for mixing with yogurt in a delicious smoothie.

2. Use it Up

Most of us throw away food too soon. Make snacks and meals during the week with food you have at home that's about to go bad.

3. Crooked Carrots Need Love Too

See less-than-perfect produce at your farmers market or grocery store? A small bruise on an apple doesn't mean it's bad – it's what's inside that counts!

4. Start with Small Portions

It's dinnertime and you may be starving, but start with a small portion before piling your plate. Our eyes are often our bigger than our stomachs!

5. Chill, Man!

Have some wilted lettuce or sad celery? A quick soak in ice water for 5-10 minutes will make your wilted veggies spring back to life.

6. Get Creative

40% of food in America is wasted. Think of meals using food you already have at home before heading to the grocery store. You'll save money too!

7. Freeze for Later

There are lots of foods you can freeze for later like fruits, veggies, bread. Squeeze all the air out of plastic bags and containers to prevent freezer burn.

8. Try a Taste

Trying new foods is a brave thing to do, but try not to create waste in the process. Make your taste buds and the earth happy by starting with a sample.

9. Make a List

Heading to the store without a plan means you might over-buy (and over-spend), and you could even end up throwing away extra food you don't eat.

10. What's Your Beef?

Wasting a pound of beef is like running the shower for 370 minutes. The longer meat is left out at room temperature the quicker it will spoil.

Pledge to stop waste this Earth Month!

Share what you're doing on social media with the #stopfoodwaste hashtag!