

# Reducing Food Waste

This playbook outlines strategies for minimizing food waste at home. It provides tips for responsible food shopping, storage, and usage to ensure sustainable living and cost savings.

## Step 1: **Plan Meals**

Create a meal plan for the week, taking into account the ingredients you already have, to avoid buying unnecessary items.

## Step 2: **Shop Smart**

Prepare a shopping list based on your meal plan and stick to it. Try to avoid impulse purchases or buying in bulk if you won't use the items before they spoil.

## Step 3: **Store Properly**

Organize your storage areas. Use clear containers to see what you have, and label items with purchase or expiration dates. Understand how to store different types of food to extend shelf life.

## Step 4: **Serve Sensibly**

Serve appropriate portion sizes to reduce leftovers. You can always offer seconds if someone is still hungry.

## Step 5: **Use Leftovers**

Be creative with leftovers; use them in new meals. For example, use leftover vegetables in soups, stews, or stir-fries.



## Step 6: **Compost**

Start a compost bin for inedible food waste like banana peels or eggshells. Composting turns waste into a resource that can enrich soil for gardening.

## **General Notes**

### **Mind Expiry Dates**

Regularly check the expiry dates of items in your pantry and fridge. Plan your meals around the ingredients that need to be used up first.

### **Preservation Methods**

Learn and apply food preservation methods, such as freezing, pickling, or drying, to extend the usability of ingredients.

### **Community Sharing**

If you have surplus food that you cannot use, consider sharing with friends, family, or donating to a local food bank or community center.