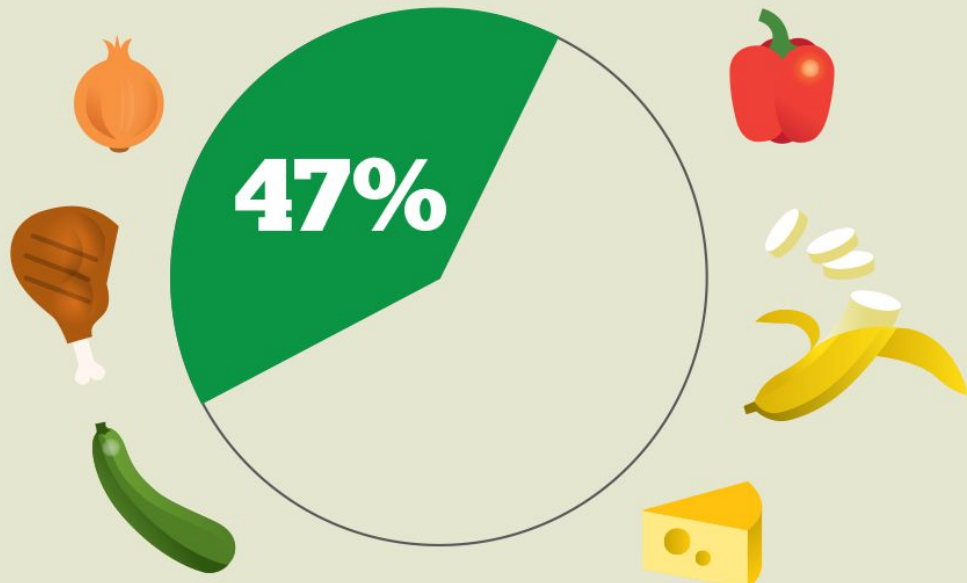


# 9 TRICKS

## TO WASTE LESS FOOD



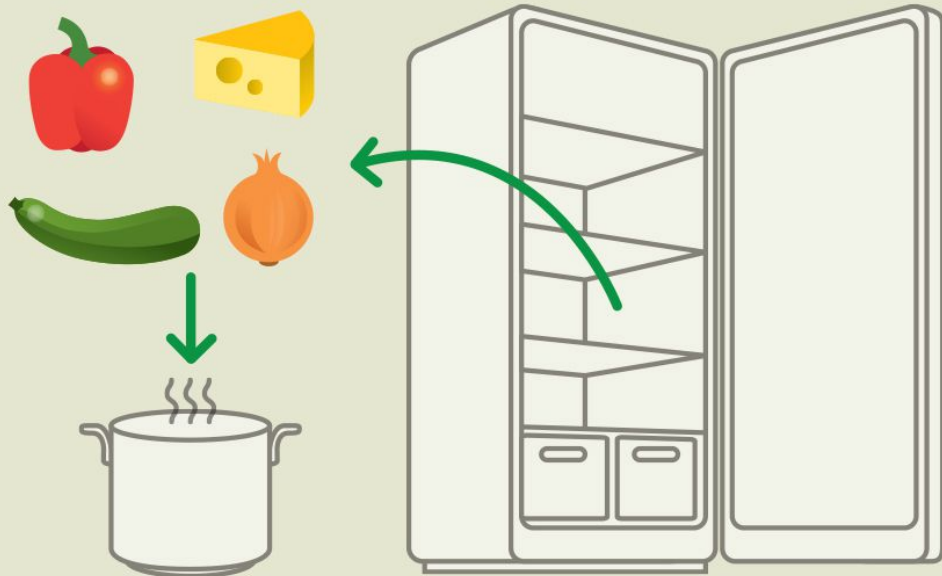
**47% of Canadian food waste occurs in the home.\***

But you've paid hard-earned cash for your groceries—so it only makes sense to use them all up. Follow these simple tips to cut waste and save money.

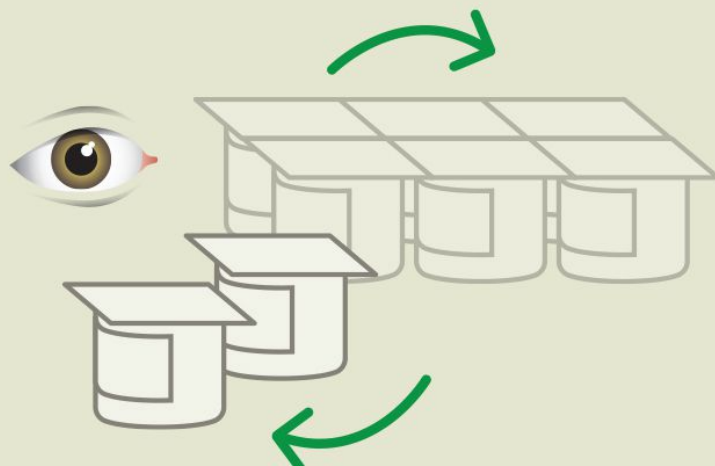
\*VALUE CHANGE MANAGEMENT INTERNATIONAL, DECEMBER 2014

### BEFORE YOUR WEEKLY SHOP

**1. Clean out your fridge,** then make a soup, casserole or pizza to use up older vegetables.



**2. First in, first out**  
Store new groceries at the back of the fridge and bring older items to the front, at eye level, so you remember to use everything up.



Monday  
*Lemon Ginger Chicken and Broccoli*

Tuesday  
*Spicy Eggplant and Beef Chili*

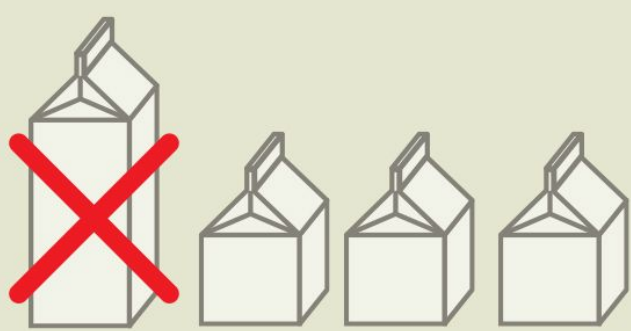
Wednesday  
*Grilled Caesar Salad*



**3. Write a meal plan** for the week based on what's in the fridge and pantry first, and only shop for additional ingredients.

### AT THE GROCERY STORE

**4. Only buy fresh** what you need for the upcoming week: For example, buy four onions instead of a two-kilogram bag.



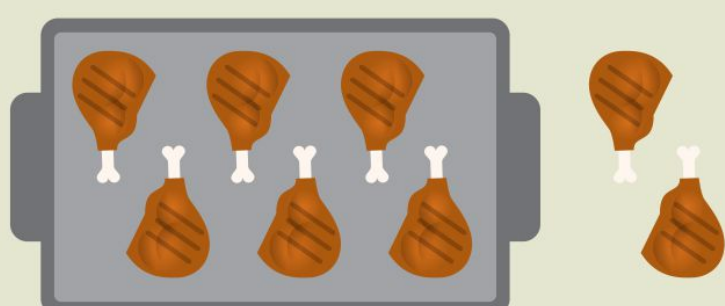
**5. If you find your milk often spoils,** buy cartons in smaller sizes, always keeping a spare in the freezer for emergencies.

### AT HOME



**6. Save** rinsed vegetable scraps, Parmesan rinds, bones and fresh herbs in a re-sealable bag in the freezer to make soup stock.

**7. Chop** ripe bananas, freeze on parchment paper on a baking sheet, then store in the freezer in a sealed re-sealable bag, alongside any leftover berries, to use in smoothies.



**8. Cook** meals in big batches and freeze extra portions for busy days.

**9. Freeze** sliced bread immediately. You can toast it or make packed-lunch sandwiches with frozen slices, which will thaw by the time you are ready to eat.

