



At the Grocery Store



Plan ahead.

Write your shopping list before going to the grocery store - and stick to it!



Snap a 'shelfie'.

If you're not a fan of shopping lists, take a picture of your fridge/cupboard shelves before you head to the shops instead. This will stop you from buying something you've already got at home.



The time is ripe for 'ugly' produce.

Purchase imperfect fruits or vegetables that often get left behind at the grocery store. Don't let their looks fool you, they are perfectly safe to eat!



In the Kitchen: Storing and Prepping



Chill the fridge out.

To keep food safe, set your refrigerator at 5° C / 40° F or under and your freezer at -18° C / 0° F.



Savvy storage.

Most fruit and veggies will stay fresher for longer in the fridge. The key exceptions are bananas (keep these on the counter), and onions and potatoes (which should be kept in a cool, dark, dry place – like a cupboard!).



It's a date!

'Use by' is about safety – food should not be eaten after this date (even if it looks/smells fine). 'Best before' is about quality – although food won't be at top quality after this date, it will still be safe to eat for some time.

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Unidentified Frozen Objects.

Cut your time in the kitchen by preparing and freezing peeled or cut veggies and meals ahead of time. Remember to label the bag/container telling you what's inside and when you froze it!



Cooking, Serving and Enjoying Food



Perfect portions.

To help you portion your meals, check the serving size information on the nutrition facts label. There are other simple and easy ways as well - for example, a mug filled with dry rice will cook enough for four adults.



Follow the 2-hour rule.

Bacteria grow most rapidly in the range of temperatures between 5° C / 40 °F and 60° C / 140 °F. To keep food safe to eat, never leave it out of refrigeration for more than two hours.



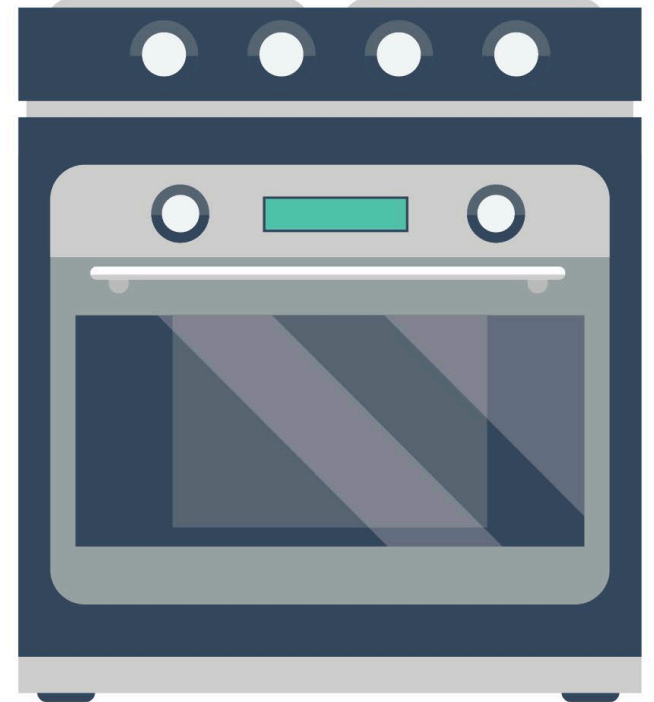
Get your creative juice flowing.

Create new dishes and snacks with leftovers or items you think will go bad if not eaten soon.



Compleat.

Over two-thirds of the food we waste is perfectly edible, so using every edible bit of your food ('compleating') is essential. Try leaving the skin on when you make mashed potato – this will save you time as well!





Composting at Home



Great news!

Most of your kitchen waste can be composted.



No garden? No problem!

With many different tools and gadgets available – like compost bins and tumblers - you can easily compost your own food scraps whether you live in a house or an apartment.



A recipe for success.

Most organic materials like cardboard, cotton rags and even hair can be incorporated into your compost, reducing waste even further!



Start composting today!

Check out this [link](#) to learn how to start composting at home!



Food Donation



Do some research!

Find out which organizations in your area accept food donations. These may be food banks, shelters, or even someone you may know.



Always check out expiration dates.

For safety reasons, do not donate food that is past or nearing its expiration date.



Don't forget about the integrity of the packaging.

Do not donate any heavily dented cans, boxes that are crushed, or anything leaking.



Make sure you deliver the food in designated places at designated times.

Keep in mind that many institutions only collect items on certain days and times.