



From plate to planet, you can make a difference.

Take control over climate change by reducing your food waste.

Food waste is one of the causes of greenhouse gases and climate change. You can make a big difference by taking action right in your kitchen!



STRATEGIZE
**Think Now,
Enjoy Later**



ORGANIZE
**Make Food
Last Longer**



PRIORITIZE
**Eat First,
Waste Less**



Make a Shopping List

This helps you buy only what you need, preventing impulse buys that might go to waste.

Buy Fresh Ingredients in Smaller Quantities

Purchasing only what you can eat means you'll waste less.

Plan a Weekly "Leftover Night"

Designating a night for leftovers keeps food from being forgotten in the fridge.



Store Food in Clear Containers

You'll eat what you see, encouraging food use before it spoils.

Freeze Surplus Food

Freezing food extends its life. Be sure to label it so it's not forgotten.

Separate Potatoes and Onions

Storing these apart helps slow sprouting, prolonging their shelf life.



Shop Your Kitchen First

Use what you already have at home before buying more.

Create an 'Eat This First' Area

Designate a spot in your fridge and pantry for items that need to be consumed soon.

Understand 'Best-By' Dates

Knowing that 'best-by' dates are about quality, not safety, can prevent good food from being thrown away. Learn more at:

[savethefood.com](https://www.savethefood.com)



Fruit & Veggie STORAGE GUIDE



DON'T FORGET!
Post this on
your fridge

Keep Your Food Fresher, Longer

Because reducing food waste reduces greenhouse gases.

REFRIGERATOR



- Store ripe fruit and apples away from other produce
- Use bags or containers to prevent drying
- Wrap leafy greens in a moist towel and put in an airtight container
- Loosely wrap herbs, other than basil, in a moist towel and put in an airtight container
- Wash produce just before cooking or eating

COUNTER, THEN REFRIGERATOR



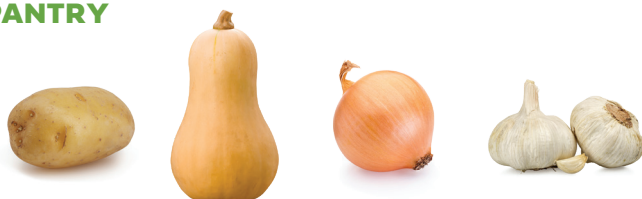
- Keep these items on the counter until ripe and then move to the refrigerator

COUNTER



- Keep bananas away from other produce
- Trim the ends of basil and place in a cup of water

PANTRY



- Keep these items in a cool, dark, well-ventilated place
- Store potatoes separately from onions to prevent sprouting

More information at [savethefood.com/storage](https://www.savethefood.com/storage)

Use these tips to prevent food waste and help reduce greenhouse gases that contribute to climate change.