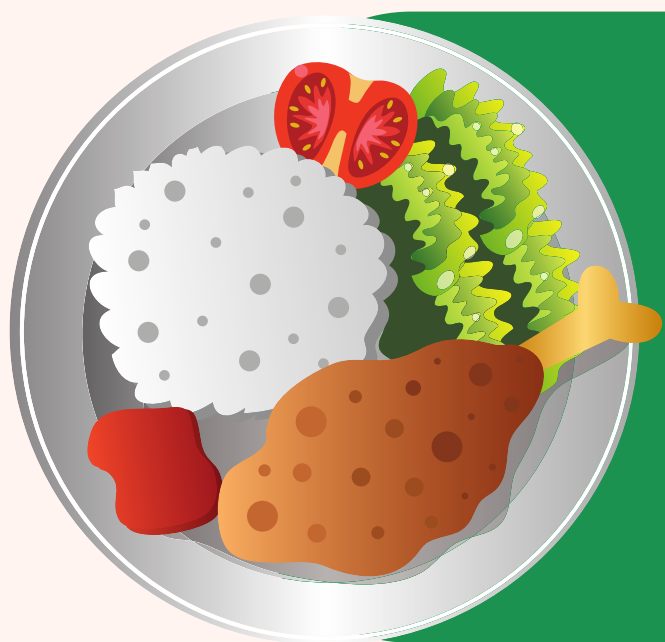


Reducing Food Waste

Mindful tips to reduce food waste and make the most out of your groceries.

Rotate your foods in the fridge and pantry

Check food date labels and place older food in the front and fresher food towards the back to prevent food spoilage.

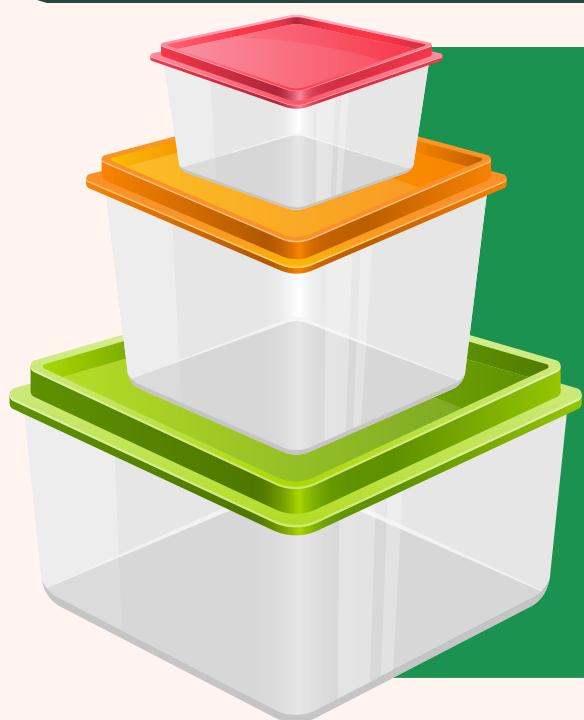


Meal prep for the week

Spend some time during the week to prep your meals. This can help save time from cooking everyday, as well as having meals ready to go on busy days

Prep fruits and vegetables right after shopping

Perishable foods spoil quickly without proper storage. Prepping fruits and vegetables ahead of time makes them easy to use for snacks and quick additions to meals.



Invest in reusable food storage containers

Air-tight containers or reusable sealing bags can help leftovers stored in the fridge/freezer last for a longer period of time.

Find foods you truly enjoy

Food is also about pleasure, connection and culture. Try new recipes that you and your family will enjoy together. Visit our Nutrition Center for tasty recipe ideas.

