

Reducing food waste at home

Shop for groceries as needed

- Plan your menu for the week before you go to the grocery store.
- Buy perishable ingredients that you rarely use from the bulk bins or in small quantities.

Store food properly

- Put food back in the fridge or freezer promptly after using it.
- Portion out prepared dishes into containers and put them straight in the fridge to cool.
- Organize your fridge and freezer so that food doesn't get forgotten or wasted.
- If a food item looks like it's going to spoil before you can eat it, freeze it! For example:
 - Freeze leftovers from cooked dishes before 3-4 days.
 - sauces, salsa, tomato paste, fruit and vegetables, cooked legumes, etc.



Some vegetables, like green and yellow beans, broccoli, spinach, and asparagus, must be blanched before being frozen.

Plan and cook differently

- Plan when you're going to eat your leftovers.
- Apply the "first in, first out" rule with your food.
- Make substitutions when cooking! For example, you can use:
 - chicken broth instead of beef broth
 - onions instead of shallots
 - plain yogurt instead of sour cream

The freezer can be your best bet to reduce food waste at home.



For more information on freezing food:

[Freezing 101 -
UnlockFood](#)



[Freezing 101 -
Ricardo](#)



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Suggestions to give your food a second chance!



Legumes:

- lentil soup or minestrone
- salad
- legume puree or homemade hummus



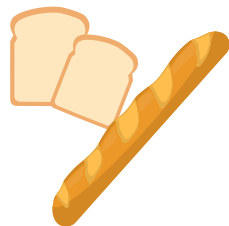
Wilted or softened vegetables:

- soup or broth
- stir-fries
- muffins
- for celery, carrots and turnips: soaking them in water in the refrigerator will help make them crisp again



Wilted fruit:

- smoothies
- muffins
- crisps and crumbles
- compotes



Bread:

- pudding
- breadcrumbs
- croutons for soups, salads or dips
- baguette: run it under water and put in the oven for a few minutes

Reducing food waste helps lower your grocery bill.

For ideas to jazz up your leftovers:

[Love food hate waste](#)



Cooked meat leftovers:

- macaroni with meat
- sandwiches
- fried rice
- chicken bones: make broth



Cooked rice:

- salad
- pudding
- fritters or arancinis



Honey and brown sugar:

- put your pot of crystallized honey in hot water for a few minutes
- put a piece of apple or bread in your hardened brown sugar

For more tools, go to www.centrealima.ca

