

How to Reduce Food Waste at Home

Simple Tips You Can Start Doing Right Now to Reduce Food Waste in Your Life!

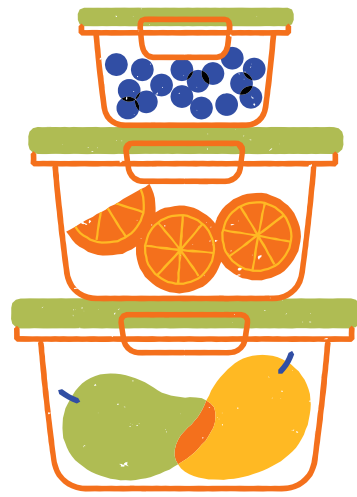


1. Shop Smart

Plan your meals for the week in advance. Buying what you need for specific meals and taking inventory of current items in your fridge can avoid spoilage of foods not eaten during that week.

2. Smart Storage

Learn best practices for fruits and vegetable storage options to extend the life of foods in your fridge. It is as simple as placing certain produce inside versus outside of your fridge!



3. Smart Preparation

Prepare foods that spoil more quickly first. Start to wash, dry, and cut up any foods ahead of time for your weekly meals. If you do not plan on eating certain foods until later in the week, freeze them for later. Both processes will save you time when you are ready to cook, and will reduce food waste.



4. Organize Your Fridge

Group items in your fridge that are nearing their best-if-used-by dates in a designated section, so you know what items need to be consumed first.



City of Phoenix

Find More Zero Waste Tips at:

phoenix.gov/recycleplus

