



5 Smart Ways for Reduce Kitchen Waste and Save Money

The most effective way to manage waste is to create less. This is especially true in tough times, when prices for recycled materials fall drastically. **REDUCING** kitchen waste is more environmentally sound than reusing or recycling waste (even composting). The good news about our waste reduction tips is that they will also save you dollar\$!

1. Consider food packaging carefully.

As you shop for groceries and kitchen items, check out the amount of packaging in various brands and sizes. Buy products with the least amount of plastic, paper, cardboard, and metal around them. Reduce waste and save money by avoiding prepared and highly processed foods. These products usually have excessive amounts of packaging, as well as a higher cost.

2. Buy only what you need.

One of the biggest sources of kitchen waste is spoiled and uneaten food. You can reduce waste and save money by only buying the food that you can eat before it goes bad. The three best tips for buying what you need are: (1) Plan meals and snacks before you go shopping; (2) Make a list and stick to it; and (3) Never ever go food shopping when you are hungry.

3. Buy the biggest size you can use.

Buying in bulk and choosing the largest size are excellent ways to both reduce waste and save money. Take advantage of large sizes and bulk buys, by sharing a case of fruit, a block of cheese, or large bag of sweet potatoes with friends, neighbors, and family members. If a food can be frozen, divide it into meal sizes and freeze the extra in well-sealed containers or bags.

4. Get deliciously creative with leftovers.

Making the most of every bit of food makes financial sense and a big difference in reducing garbage. Imagine the delicious possibilities for all the little odds-and-ends. Pieces of meat, fish, and poultry can go into sandwich. Small amounts of meats, eggs, veggies, or potatoes can turn a can of soup into a meal or add some real flavor to a future casserole.

5. Ditch disposables, throttle a bottle, and lug a mug.

In our throwaway culture, disposable dishes and utensils are the norm. Green consumers are turning the tide with simple steps, like 'just saying no' to plastic forks when getting takeout food. Join the millions of thrifty water drinkers who are returning to tap water. Reusable bottles and coffee cups save you money (many shops give discounts if you bring your own).