

Avoid Wasting Food! : Tips and Tricks



Every year, Canadians waste food worth \$ 27 billion: that's 40% of what our farm produce is worth! Approximately half of this food is wasted at home. How does that happen? We buy too much food; we forget about food and it goes bad; we serve more than we can eat and then throw leftovers out. When we waste food, we also waste the resources it takes to produce and distribute food. Here are some simple tips for wasting less food — and saving more money.

- Place foods nearing their “Best Before” date, in a designated bin in the refrigerator, as a reminder to use them first.
- Plan meals: make a grocery list, taking into account what's on hand in the refrigerator and the cupboards. When shopping, stick to the list to avoid overbuying or succumbing to bargains.
- To maximize freshness, store foods in the appropriate spot in the refrigerator. Fruit and vegetables usually keep best in the designated bins, which regulate air humidity.
- To reduce portion size without making plates look almost empty, use smaller plates.
- Cook food in large quantities to avoid having unused recipe ingredients accumulate (and spoil) in the refrigerator. Freeze leftovers in containers for quick meals later.
- Freeze vegetable cuttings and leaves, as well as chicken bones and parts, to make bouillon.
- Make the week's leftovers into new meals. Legumes, rice, pasta and potatoes can easily be made into salads by adding chopped or grated vegetables. Cooked vegetables can be used in a quiche or frittata.
- Many fruits, such as bananas, apples and tomatoes, release ethylene gas as they ripen. This gas makes other produce nearby ripen faster. Instead of storing everything together, separate ripe fruit from other produce to be kept longer.
- Cut fruit into pieces before it spoils, and freeze the pieces on a cookie sheet. Transfer the frozen pieces to resealable freezer bags. Use the fruit pieces to make smoothies or jam, or add them to hot cereal, muffins or cookies.
- Whirl dry bread in a blender to make bread crumbs to use as a coating.
- Compost what doesn't get eaten, using a vermicomposting bin, a garden composter or a container for organic material that the municipality collects.



CANADA AGRICULTURE
AND FOOD MUSEUM

A FASCINATING WORLD



Canada