



10 easy skills

THAT SAVE FOOD, SAVE MONEY & HELP THE ENVIRONMENT

1 SERVE BITE SIZE

Studies have shown that food served in bite size pieces reduces food wastage significantly. Instead of offering whole fruits and vegetables, cut them to bite size pieces for everyone to enjoy!

2 CHECK YOUR SETTINGS

Often, our fridge and freezer tend to be too warm, which makes our food spoil faster. To make sure the temperature is just right **set the temperature of your fridge to 3 to 4 °C, and freezer to – (minus) 17 °C**. This simple step can considerably reduce food from going bad. It will even reduce the chances of getting food poisoning!

3 FREEZE LEFTOVERS

Store leftovers in individual servings in freezer bags or containers and freeze them! **Use 2 freezer bags to make food last even longer**; the air in between helps keep the food fresh for long. To ensure that the food taste the same, take the leftovers out 6 to 8 hours before using and thaw them in the fridge first.

4 STORE RIGHT

Save food by storing them right! Keep all fresh meat, fish, and poultry in its original store wrapping and store them in separate freezer bags. Re-wrapping increases the risk of exposing food to harmful bacteria. Keep nuts and seeds in cool dark places to extend freshness.

5 TAKE AND SERVE SMALL

Oftentimes our eyes are hungrier than our stomachs and we take more food on our plate than we can eat. This excess food is scraped from our plate into the trash bin. Instead, **encourage smaller servings and seconds**. Leftovers can be stored properly to enjoy later!

Food is **love**. Food is **money**. Food is **life**. **Prevent food waste**. Because it's **food**, not **waste**!



Community Environment Alliance
Educate / Empower / Enable



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

6

SHOP SMART

Throwing away spoiled fruits and vegetables that have been sitting in the fridge for too long is a common source of avoidable food waste. **Taking stock of your fridge and the pantry** is a smart way to buy what you need, save money and prevent waste!

7

RETHINK QUANTITY

Want pumpkin seeds for a muffin recipe? Scoop out the exact quantity from a bin instead of buying a whole package that will go rancid in your pantry. Try to **buy 'precisely' what you need**. You can save an average of 35% of your grocery bill by just buying what you need! Isn't it smarter to keep your money in your wallet rather throwing in the garbage!

8

LEARN LABEL LINGO

'Best before' or 'sell by' dates doesn't mean 'toss your food by this date'. **They actually have little to do with when the food goes bad**. They are the manufacturer's best guess of when the food loses its peak freshness. How can you tell if food has become bad? We're big fans of the sniff-taste test – if the food smells and taste bad, throw it out!

9

BUY UGLY

Fruits and vegetables naturally come in different shapes and sizes: not all tomatoes or apples are perfectly round. 'Irregular' shaped produce have the same nutritional benefits as their aesthetically pleasing counterparts. **20% of the field grown vegetables and fruits are considered too "ugly" and never gets eaten!** Look out for funny looking fruits and vegetables. Your grocery store may have a special section for them at a reduced price -- a perk for the wallet!

10

LEARN FROM YOUR TRASH

Paying attention to what's in your garbage will immensely help reduce or even prevent food waste in your home. Understanding what, why and how you waste, enables you to adjust your habits accordingly. You might have to learn to cook less to make sure all food gets eaten or learn how to freeze food properly to prevent ice crystals from forming.

Why not take the Food Wise Home Challenge!

It's simple, easy and rewarding! Get a chance to win a **quality branded chef apron** (\$65 value)!
Call **905.463.9941** to join the movement!



Community Environment Alliance
Educate / Empower / Enable



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario