

Meal Planning



STRATEGIZING FOR LESS WASTE

EAT WELL, SAVE MONEY, WASTE LESS



Plan your plate

The time, money, and effort that go into cooking tasty, nutritious meals at home can be overwhelming enough without worrying about food waste.

Planning meals with the tips below makes it easy and routine to make the most of your ingredients and time!

BECOME A MEAL PLANNING PRO

TAKE INVENTORY

- **THINK AHEAD:** Plan meals around ingredients that are about to go bad. Remember to label food containers with a date!
- **TAKE ADVANTAGE OF PANTRY STAPLES:** Dry and canned goods can serve as the basis of delicious meals such as beans and rice, coconut curry, spaghetti, clam linguini and more!



MAKE A GROCERY LIST

- **BUY WHAT YOU NEED:** Make a list, including the amount of each ingredient you need, and stick to it so you aren't over- or under-buying.
- **FAMILY FAVORITES:** Create pre-made ingredient lists for favorite recipes. Be sure to take household numbers and your common pantry staples into account!



USE UP EXTRA INGREDIENTS

- **TIDBIT-FRIENDLY MEALS:** Extra tidbits of prepared ingredients like chopped vegetables, boiled eggs and cooked chicken make perfect additions to stir fries, stews and salads or taco night.
- **TRY SOMETHING NEW:** Have spare ingredients but no ideas? Search cookbooks or online recipes for easy ways to use common extras such as leafy greens, sour cream, etc.



LEARN AND GROW

- **REFLECT ON WHAT'S WASTED:** If you find yourself regularly throwing out the same foods, try buying smaller portions or substituting the ingredient for something else you'll use more frequently.
- **BE FLEXIBLE:** When plans change, find another way to use, store, or donate ingredients before they spoil.



The average American wastes one pound of food each day

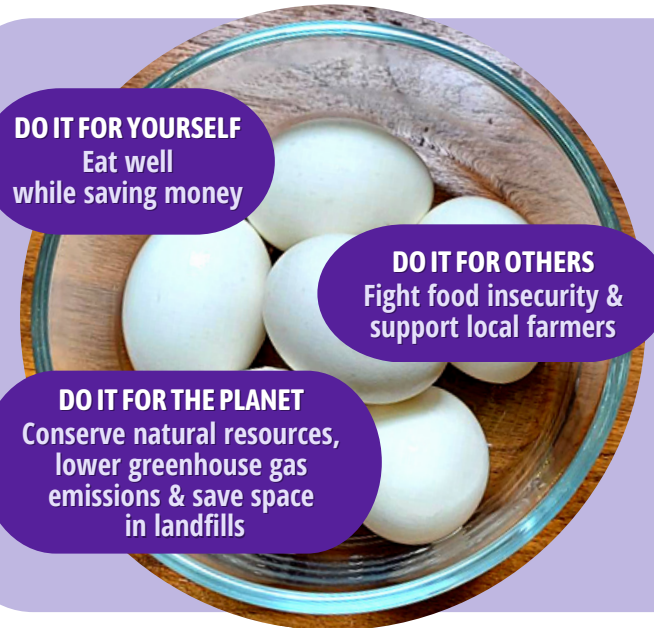
Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!

DO IT FOR YOURSELF
Eat well while saving money

DO IT FOR OTHERS
Fight food insecurity & support local farmers

DO IT FOR THE PLANET
Conserve natural resources, lower greenhouse gas emissions & save space in landfills



RESOURCES

HERE'S A FEW TO GET YOU STARTED

Online: supercook.com
lovefoodhatewaste.com

Book: *The Zero Waste Cookbook: 100 Recipes for Cooking without Waste*

