

6 Tips for Less Waste in the Kitchen

Everyone has strong feelings about their food. Some people only eat organic, or sustainable food grown close to home. Other people are very diligent about their recycling. Here are a few tips on how to waste less food in the kitchen:

1. **Shop more, buy less** – While shopping once a week is great in theory, stocking up can lead to waste if your meal planning is interrupted by “life”. Now you have 7-day old produce that ends up in the compost. Do a small mid week produce shop to ensure you are eating all that you purchase. Remember the older the produce and fresh food, the less nutrients remain, so shop for local ingredients grown close to home.,
2. **Apps galore** – Explore the many apps available to help you reach your eco goals with list and meal planning, tracking best before dates and even share leftovers with your neighbours on Olio.
3. **Reduce packaging** – Reduce your environmental impact by avoiding packaging when possible. Take your own reusable bags, including mesh bags for produce, and buy items from the pile rather than in a package. For example 3 cucumbers wrapped in cellophane, then wrapped in a plastic bag.
4. **Scraps are not garbage** – Aim to use ALL parts of your produce by roasting the whole cauliflower, and leaving potatoes and carrots unpeeled. Beet greens can be used in stir-fry’s, smoothies, and soups. If you must peel vegetables, save the peels, and put them in the freezer to add to homemade soup.
5. **The Freezer is your friend** – strawberries that are not perfect, over ripe bananas, avocados and slightly wilted spinach are great in a smoothy. Put scraps in your freezer to quickly add to your blender.
6. **Never shop when hungry** – To avoid buying food you may end up wasting, have a snack before you hit the grocery store or order your groceries on-line after making a meal plan list.

