**Before you buy groceries**

Plan your meals and buy only what you need.

Clean out your fridge and take inventory of your current ingredients.

Make a shopping list and stick to it, buy only what you need.

If you find food on sale that you’re not going to use, then freeze it right away.

**As you cook/eat meals**

Save leftover ingredients in the fridge.

Recycle kitchen scraps such as vegetable peels, egg shells and brown paper bags by using them in compost.

Regrow vegetables such as green onions and lettuce.

Store leftover meals in the refrigerator to eat the next day.

Before you start to cook, reuse the ingredients from the previous day.

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**TIPS TO REDUCE FOOD WASTE**

By: Jose Patino & Manuel Patino

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**How to Clean Your Refrigerator**

First, take out the food that you will no longer eat and separate it. Fruits and vegetables that are not moldy or rotten, but you will not eat could be fed to livestock. Moldy or rotten vegetables can go into the compost pile. If you have food that is still good, but you will not use in the next few days then make sure to freeze it. Examples include corn, carrots, berries, lasagna, cake and meat.

**Regrow vegetable scraps:**

Place green onion scraps or romaine lettuce ends in a cup of water. Change the water daily and watch your scraps grow.

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*Turn kitchen scraps into compost for your garden.*