

WM SCRAP HAPPY GUIDE

BUY WHAT YOU NEED. EAT WHAT YOU BUY. COMPOST THE REST.

PLAN



Before you shop, check your fridge, freezer and cupboards. Plan meals with items you already have.

STEP 1

Shop with a list and use restraint to avoid buying more than you need.

STEP 2

STORE



Store food properly to make it last longer. (See back for food storage tips)

STEP 3

EAT

Cook and eat the meals that you planned.

STEP 4



Practice use-it-up methods, freeze it, or give it away to friends and family.

STEP 5

Get creative. Use up overripe fruit in a smoothie, or wilted veggies in a soup. Stale bread can become breadcrumbs or croutons.

STEP 6

COMPOST



Put food scraps that can't be eaten into your food and yard waste bin.

STEP 7

DID YOU KNOW

A family of four could save nearly

\$3,000

a year by **wasting less food.**

Composting

gives **new life** to food that would otherwise go to waste and helps **conserve natural resources.**



FOOD DATE LABELS DEBUNKED

Labels such as “**use by**,” “**sell by**” and “**best by**” are misleading and result in **90%** of people throwing away food too soon.

With the exception of infant formula, manufacturers use date labels to **indicate peak quality**, not food safety. Instead of tossing food out based on date, **trust your senses!** Does it look good? Does it smell good? If so, it's likely still delicious.

Food Storage Tips



Counter:



- Tomatoes and fruits that need to ripen first such as avocados, melons, pears and stone fruit. (once ripe, refrigerate)
- Store bananas away from other fruit – they give off a gas that ripens nearby fruit faster. (keep bananas connected)
- Store basil upright in a glass of water, cover top loosely with plastic bag.

Pantry/Cupboard:



- Garlic, winter squash and eggplant.
- Keep onions and potatoes separate from one another in a cool, dark place. Onions make potatoes sprout faster.

Freezer:

- Put bread in freezer if you won't use it up in a week.

Fridge:



- Apples and pears
- Berries, cherries, grapes and citrus fruit
- Leafy greens (in airtight container)
- Broccoli, cauliflower, carrots, parsnips (store in breathable or loosely sealed bag)
- Cucumbers, peppers (loose in drawer)
- Radishes, beets, carrots (remove leafy tops before storing, leave about an inch of stem)
- Zucchini, summer squash
- Other herbs, besides basil

SAVE The FOOD



DAY-OLD RICE

Add a tablespoon of water for every cup of leftover rice. **Cover** container and **reheat** in microwave. Or make fried rice!



STALE BAGUETTE

Rinse thoroughly under water (yes, really!), **place** in oven directly on rack at 300 degrees, and warm for 6-7 minutes.



OVERRIPE AVOCADO

Blend with a little olive oil, water, lemon juice, garlic and herbs to make a creamy salad dressing.



FRUIT THAT'S PAST ITS PRIME

Add overripe berries, apples or pears to muffins, breads or pancakes.



WILTED LEAFY GREENS

Place greens in large bowl of ice water. **Submerge** for 30 minutes. **Remove**, blot with towel and place in colander to dry.