



9 Tips to Reduce Food Waste in Honor of Earth Day

Billions of food go to waste each and every year. In honor of Earth Day, look at ways to reduce your food waste. It will help the earth and improve your grocery bill each week! Here are 9 ways to consider reducing food waste at home or work.

★ **Tip #1: Upcycle Food**

Saving veggie scraps is a great way to give life to another recipe — broth. If you use broth often, save all your veggie peels to make your own, reduced-sodium broth.

★ **Tip #2: Compost**

Keep your yard looking beautiful and your garden thriving by composting. Plus, it will keep food waste out of the landfills.

★ **Tip #3: Try “Ugly Food”**

Purchase a food subscription box from “ugly food” companies to save unsightly — yet still tasty — produce from going to the landfill.

★ **Tip #4: Grow Your Own Garden**

Love fresh veggies? Grow your own to use what you need as you need it.

★ **Tip #5: Create a Company Garden**

A company garden provides a great way to exercise and enjoy outdoor spaces. Plus, it allows employees to take items like herbs as needed instead of purchasing — and wasting — an entire store-bought package.

★ **Tip #6: Avoid Buying Too Much**

Never shop hungry. You'll always buy more than you need!

★ **Tip #7: Store Food Correctly**

Store produce correctly for the best shelf life. This will prevent food from spoiling before you get around to eating it.

★ **Tip #8: Organize Your Food Spaces**

When you have organized food spaces, it makes it easier to see what foods need to be eaten first. Plus, it makes creating a grocery list much simpler, too.

★ **Tip #9: Make a Shopping List**

Know before you go what you'll buy. A list can keep you from purchasing doubles of food items you already have on hand.