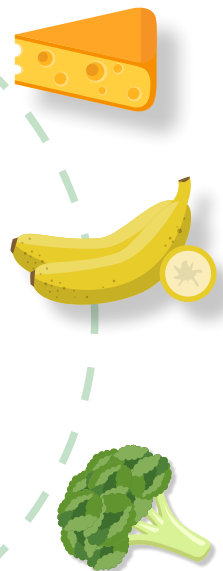


Plan Your Pantry

TIPS FOR REDUCING

FOOD WASTE



Know Before You Go

- ▶ Shop your pantry, fridge, and freezer.
- ▶ Make a list of what needs to be used.
- ▶ Plan your menu for the week around foods you have on hand.
- ▶ Create a shopping list based on what is not in the pantry, your menu plan, coupons and basic needs.



Shop Smart, Cut Costs

- ▶ Take your shopping list and stick to it.
- ▶ Compare prices as you shop. Store brand products are often more affordable and equal in quality to national brands.
- ▶ Take advantage of coupons and reward programs from grocers.
- ▶ Stock up only when the price is right. Take advantage of specials on frozen foods and pantry staples.
- ▶ Shop the entire store for different forms of fruits and vegetables.
- ▶ Frozen or canned fruits and vegetables, for example, have a longer shelf-life, are affordable and make nutritious side dishes.



Basic Pantry and Fridge Stocking List

Fruits & Vegetables

- ▶ Fruits (canned, fresh or frozen)
- ▶ Vegetables (canned, fresh or frozen)
- ▶ Canned beans
- ▶ Jarred salsa and pasta sauce

Protein

- ▶ Nuts and seeds
- ▶ Eggs
- ▶ Canned or pouch-packed meats like tuna, salmon and chicken

Fresh or frozen meats and seafood

- lean beef – ground, steaks, roasts
- chicken – boneless breasts, parts and tenders
- ground turkey – lean
- pork – chops, tenderloin, roast
- fish fillets – salmon, tilapia, etc.

Grains

- ▶ Whole grain crackers
- ▶ Whole grain pasta
- ▶ Instant brown rice
- ▶ Whole-grain hot and cold cereals

Dairy

- ▶ Milk
- ▶ Yogurt
- ▶ Cheese – shredded, parmesan, slices, cottage
- ▶ Butter/spread

General Grocery

- ▶ Reduced-sodium canned or boxed broth and recipe-ready soups
- ▶ Marinades and sauces – teriyaki, lemon pepper, garlic & herb, mesquite, barbecues
- ▶ Herbs and spices
- ▶ Vinegars – balsamic, red or white wine, cider, rice
- ▶ Canola and olive oil



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Cooking, Storage and Reducing Waste

Consume most perishable items you purchase first. Fresh foods should only be purchased as far as a week in advance and used as soon as possible.

Use the concept of first-in first-out. Many foods get “lost” in the weekly rotation of shopping, cooking and eating before they can be used. Use a marker to write the purchase date on each item.

Use distressed but safe produce before tossing. Overripe bananas are perfect for smoothies or aging vegetables are great roasted or used in soup or stew.

Freeze foods that won't be used right away. Bread, sliced produce and meat can all be frozen and used at a later date. Prepare and freeze items for ready-to-go meals later in the month.

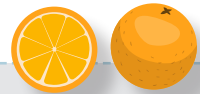
Embrace leftovers. Cook extra proteins to be used the next day as an easy dinner prepped with frozen vegetables and pasta or packed up for a to-go lunch. Casseroles, stir-fries, soups and smoothies are great ways to use leftovers.

Know what best by, sell-by and use-by codes mean.

- ▶ A “**Best if Used By/Before**” date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- ▶ A “**Sell-By**” date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- ▶ A “**Use-By**” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

Resources

<https://www.epa.gov/recycle/reducing-wasted-food-home>
<http://www.todaysdietitian.com/newarchives/0516p38.shtml>



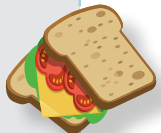
Breakfast Ideas

- Whole-grain cereal + milk + banana slices
- Yogurt + granola + canned peaches
- Whole-grain toast + cottage cheese + orange
- Oatmeal + milk + walnuts & raisins
- Whole-grain waffles + strawberries + glass of milk



Lunch Ideas

- Grilled cheese sandwich + tomato soup + apple slices
- Egg salad wrap in whole-grain tortilla + carrot sticks + milk
- Vegetable soup + cheese & whole-grain crackers + canned pears
- Macaroni & cheese + grape tomatoes + pineapple chunks
- Chicken & veggie salad + pretzels + pudding cup



Dinner Ideas

- Pan fried fish fillets + instant brown rice + broccoli florets
- Bean & cheese burritos + corn + canned peaches
- Grilled pork chops + baked sweet potato + steamed cauliflower
- Frozen cheese pizza with veggies + green salad + milk
- Rotisserie chicken + mashed potatoes + mixed vegetables



Snack Ideas

- Frozen banana + low-fat milk + peanut butter (smoothie)
- Pita bread + veggies + hummus
- Cottage cheese + fruit + crackers
- Oatmeal cookie + milk
- Apple slices + cheese cubes

