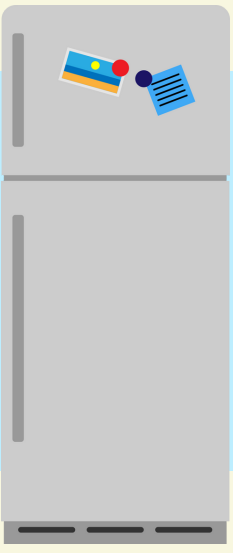


# Avoiding Food Waste

Tips and Tricks for getting the most out of your food.

Keep track of old ingredients and leftovers you need to use. Keeping track will reduce the amount of food you throw away at the end of the week.



## Shop in your refrigerator first!

Cook or eat what you already have at home before buying more.

## Old Produce

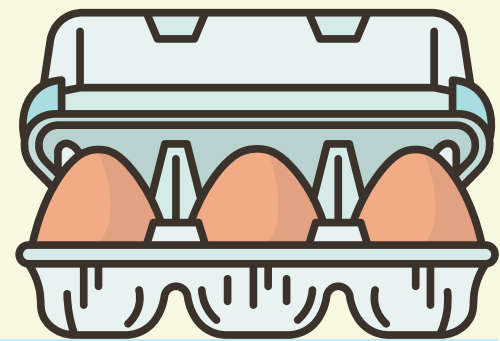
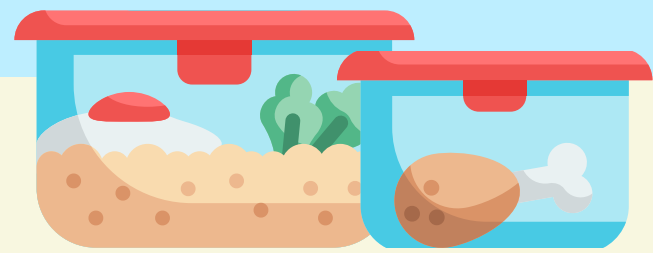
great for soups, stir-fries, sauces, baked goods, pancakes, or smoothies.



## Dont Toss It !

Stale bread can be used to make croutons, and vegetable scraps can be made into stock

Plan an "eat the leftovers" night each week.



Don't get tripped up by "Sell-By"

*Use-by date refers to the date you should consume the product by.*

**VS**

*Sell-by date refers to the last day the item should be sold and is safe to consume for 1-5 weeks depending on the food item.*