

Preventing Wasted Food At Home

Planning, prepping, and storing food can help your household waste less food.

Make a list with weekly meals in mind, this will save money and time. If you only buy what you expect to use, you will be more likely to keep it fresh and use it all.

Look in your refrigerator, freezer, and pantry before you shop to avoid buying food you already have. Look in your refrigerator and pantry each week to see what needs to be used up and plan upcoming meals around it.



Make sure you are properly storing food in your refrigerator.

The refrigerator door is the warmest part of the fridge. You can store condiments there, but it is not recommended to store milk or eggs in the door.

The lower shelves are the coldest part of the fridge. Store meat, poultry, and fish here.

Refrigerators should be set to maintain a temperature of 40 °F or below.

Store grains in airtight containers and label the container with the contents and the date.

Freeze food such as bread, sliced fruit, meat, or leftovers that you know won't be eaten in time. Label with the contents and the date.

Properly storing fruits and vegetables to help you eat more of them before they go bad.

Most veggies, especially those that could wilt (such as leafy greens, carrots, cucumbers, and broccoli) should go in the high humidity drawer of the fridge.

Most fruits, as well as vegetables that tend to rot (such as mushrooms and peppers), should go in the low humidity drawer of the fridge.

Some fruits (such as bananas, apples, pears, stone fruits, and avocados) release ethylene gas as they ripen, making other nearby produce ripen, and potentially spoil, faster. Store these away from other produce.

Wait to wash berries, cherries, and grapes until you're ready to eat them to prevent mold.

Some produce, such as potatoes, eggplant, winter squash, onions, and garlic, should be stored in a cool, dry, dark, and well-ventilated place.

