



TIPS TO REDUCING FOOD WASTE AT HOME

Wilton
Go
Green

FOOD IS WASTED AT AN ALARMING RATE IN THE U.S, AND WITH IT GO WASTED RESOURCES SUCH AS WATER, LAND, CROPS, ENERGY, LABOR, FUEL AND DOLLARS. LET'S HELP REDUCE FOOD WASTE IN OUR OWN HOMES!

1

PLAN AHEAD

Plan out your meals for the week. Look through your pantry to see what you currently have to use. Make a list that you stick to at the store.

2

UNDERSTAND EXPIRATION DATES

“Use by,” “Best by,” “Enjoy by”—these are generally not expiration dates at all, but merely suggestions as to when the product is at its freshest. Use your senses!

3

USE YOUR FREEZER

Almost anything can be frozen—bread (best sliced), milk (shake when thawed), eggs (raw but scrambled), and shredded cheese. And don't forget to freeze leftovers, even if just for a few days

4

LOVE YOUR LEFTOVERS

Designate one night a week to use up what's in your fridge or pull something out of the freezer.

5

RECYCLE YOUR FOOD SCRAPS

23% of all waste in CT is food scraps. Let's divert those food scraps so they can be recycled back into our Earth! Learn how to backyard compost, hire a pick up service or participate in a municipal food scrap drop off program.