

# SAVE MONEY

## Did you know Canadians waste \$17 Billion worth of food every year?

For Canada as a whole, that amounts to almost 2.2 million tonnes of edible food wasted each year.

This number doesn't factor in other factors such as energy, water, transport, land, labour, etc. When all the factors are included, the estimated amount is closer to \$100 Billion a year.

## 63% of the food Canadians throw away could have been eaten.

Throwing away spoiled food and beverages costs you money.

You can save this money by buying less food, eating everything you have in your fridge and cupboards and following our other useful tips.

## Don't Forget to Compost!

Instead of throwing away food, compost them! Finished compost can replace expensive chemical fertilizers and give you healthier shrubs, vegetables, flowers and grass.

The only food items that should be in garbage are spoiled meats and fish, moldy cheeses and dairy products, bones, and old eggs. The rest should be composted, even egg shells.

**Note:** Leftover grease from bacon or turkey should not go down the drain, it can be reused for cooking. For example: to grease a pan or to add flavor to pasta or to make a roux.



# RESOURCES

## Recipes

Soups, casseroles, chili, stir-fries, shepherd's pie, and bread pudding are some very versatile dishes you can make with any vegetables or protein which are left in your fridge.

## Websites

Here are a few helpful websites, some let you search ingredients then give you recipes:

**Big Oven:** [www.bigoven.com](http://www.bigoven.com)

**All Recipes:** [www.allrecipes.com](http://www.allrecipes.com)

**Foodista:** [www.foodista.com](http://www.foodista.com)

**Canada's Food Guide:** [food-guide.canada.ca](http://food-guide.canada.ca)

## Apps

There are also several FREE apps which help you with meal planning such as: Mealime (free), Veganized (free), Allrecipes Dinner Spinner (free), Big Oven (free), Eat This Much (free), Yummly (free).



**REAPS**  
RECYCLING & ENVIRONMENTAL  
ACTION PLANNING SOCIETY

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# LOVE FOOD HATE WASTE



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## REDUCE FOOD WASTE

Food waste is a bigger problem than many people realize and tossing edible food doesn't just waste money. Discarded food is sent to landfills, where it rots and produces methane gas, which is the second most common greenhouse gas and contributes to climate change.

Use these tips to help reduce your food waste:

- Avoid buying more food than you need. Try making smaller more frequent trips to the grocery store instead of buying in bulk. Also make a list before going to the store to reduce impulse buying.
- Label what you buy with the date purchased so you know which ones are oldest.
- Donate the items in your fridge or cupboards you know you won't use
- Make one dinner during the week a "Use-It-Up" night and use anything already in your fridge and cupboards
- Pack-up your leftovers from the restaurant, if you don't want them or know you won't eat them give them to a homeless person

**Would you rather buy only lunch 7 days a week or buy groceries for every meal during your week?**

## HOW TO STORE

Many people are unsure how to store fruits and vegetables, which leads to premature ripening and rotten produce. For instance, potatoes, garlic, cucumbers and onions should not be refrigerated. These items should be kept at room temperature.

Separating foods that produce more ethylene gas from those that don't is another great way to reduce food spoilage. Ethylene promotes ripening in foods and could lead to spoilage.

**Bananas:** Wrap the stems in plastics wrap or aluminum foil

**Apples:** Store in a plastic bag to reduce ethylene exposure

**Peppers:** Keep the stems, seeds, and membrane on to keep fresh longer

**Lettuce:** Wash leaves and roll up in kitchen towel then put in the fridge

**Avocado:** Keep the pit in the half you aren't eating to keep fresh longer; when you want to use it, cut the brown part off and remove the pit.

## BEST BEFORE DATE

**It is the manufactures best GUESS at when the item will reach its peak for quality.**

Many foods are okay to eat after their best before date. The best way to check if food has gone bad is by using your nose. If it smells funny don't eat it. Foods with a shelf life of < 90 days are required, in Canada, to have a best before (BB) date.

**The expiration date (EXP)** is only on some items such as: liquid diets, meal replacements, nutritional supplements, and infant formula. Once the item is passed the expiry date, then the item may not have the same nutritional value as the label says. These items should not be ingested.



## UTILIZE YOUR FREEZER

After you've returned home from grocery shopping, you should freeze items you will not use right away.

This will ensure your food last longer and save you money by throwing away less food.

### How to freeze:

**Bananas:** peel and freeze

**Tomato paste and similar sauces:** freeze flat in a sandwich bag and press in score lines to break off pieces as you need

**Vegetables:** chop or slice and freeze in a bag

**Eggs:** crack into ice cube tray then transfer to a bag, defrost in fridge, use like normal

**Berries:** first freeze on a cookie sheet then place into a freezer bag

**Meat:** place into a freezer bag, dump in marinade, defrost in fridge

**Butter, Cream Cheese, Bread:** place whole with packaging into freezer

**Cheese:** Slice or shred into portions then freeze

**Pasta:** cook first, then place into portions bags and remove all air then freeze, defrost in hot water