



EcoNugget

Five Ways to End Food Waste

1. Remove produce from plastic bags. Airtight wrappings suffocate & speed up decay.
2. Don't wash produce until you are ready to eat it. Moisture encourages decomposition & mould.
3. Freeze leftovers instead of letting them sit in the fridge. You can also freeze wilted greens & overripe fruit for future baking or smoothies.
4. Plan meals in advance. Then when grocery shopping, only buy the ingredients for those meals.
5. Try a meal delivery service. They truly cut down on food waste as everything is expertly pre-measured in advance so nothing gets left behind.

Check out the "SAVE THE FOOD" website for more ideas on how to end food waste:

<http://savethefood.com/storage>

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