



KEEPING HEALTHY SIMPLE CLUB

Before You Shop

Reducing your food waste starts by taking a walk around your home.

1

Check the temperature in your food storage areas.

Keep your refrigerator below 40°F (4°C).

Keep your freezer at or below 0° F (-18°C).

Keep your pantry dark and cool (50-70°F or 10-21°C).

2

Plan your next few meals using ingredients you already have.

Take stock of the ingredients you already have at home. What is in your pantry and refrigerator?

Make a meal plan using these foods first - especially any foods that will go bad or spoil soon. Do not get caught up in the term: meal plan. Keep this as simple as you need to.

You can plan for 1 day, 3 days, one week, or one month. You can be very detailed or take a "big picture" approach. What is important to reduce food waste is to have some idea of what you plan to eat over the next few days.

When You Shop

Stay focused on reducing food waste when you purchase your food.

3

Avoid making impulse buys when you shop.

Use your list of planned meals to make a grocery list. Shop from your list only or use pick-up or delivery services to avoid impulse buys.

What about those great deals you just happen to see when you shop?

Skip it unless...

1. It is a truly great deal and
2. Is an item you use frequently or can freeze or store for more than 1 month

4

Only buy the amount you need.

Many stores will break packages down for you when they package the product for foods like vegetables or meats. It never hurts to ask if you can get a certain amount packaged for you.

If the store will now break the package, buy from bulk bins for nuts and grains.

If neither of these are options, search for a recipe when you get home and add it to your next list of planned meals. This way, you will use up the extra before it goes bad.

Storing Food at Home

This is where most food waste happens. Food science shows us how to manipulate foods once we get them home.

The next tips are for fruits, vegetables, herbs, meal-prepped foods, and leftovers.

FRUITS

5

Speed up & slow down ripening of fruits.

Fruits naturally produce ethylene gas, which helps them ripen.

Speed up ripening by putting unripe fruits in a paper bag with a ripe fruit, like a banana.

Make fruit last longer by placing fruits in the refrigerator or wrapping banana stems with plastic.

These tips also work for avocados, which are botanically a fruit.

6

Reduce browning of fruits.

Cut fruits, like apples and avocados, turn brown from oxidation when exposed to air. To reduce browning, limit contact with air. You can do this with acidic juices, oils, paper towels, or special storage containers.

Acidic juice: Place cut fruit into a baggie, add a little lemon or lime juice, seal baggie and shake to distribute the juice. The juice coats the cut surfaces and reduces browning. This works well for apples.

Paper towels: Press a paper towel against cut surfaces and wrap around fruit. Place fruit into baggie, seal halfway, use a straw or your mouth to suck air out of the baggie before sealing. This works well for avocados.

VEGETABLES & HERBS

7

Reduce Wilting of lettuce and leafy greens by reducing moisture.

Do not wash these vegetables until you are ready to use them.

To store, use a vegetable bag or add paper towels to your baggies to absorb moisture. When the paper towel gets damp, replace it with a dry one. Reduce paper towel waste by letting these dry and re-using.

This tip works for mushrooms and fruits like strawberries too.

8

Reduce soginess of fresh herbs and celery by adding moisture.

Fresh herbs wilt and celery dry out once cut.

After cutting, store with cut ends down in a glass half-full of water. The water in the glass will get soaked up into the cut ends of the food to keep it crisp.

If you have more vegetables than can fit in a glass, store in any container with enough water to cover the food. This works well for foods like carrots or cucumbers. This will not work for herbs however, as the leaves may wilt (see Tip 7) unless you keep them dry.

OTHER FOODS

9

Storage methods and containers.

Mason jars. These are used for preserving food because the seal is more secure and air-tight than other containers. Glass jars are also bug and rodent proof.

Grains. Store uncooked grains in the refrigerator. This will slow down spoilage. Once cooked, allow grains to cool, place in container, and refrigerate or freeze. Place in refrigerator to thaw 1-2 days before needed.

Meats, poultry, and fish. Freeze if not cooking in three days. Take out to thaw in refrigerator 1-2 days before cooking depending on thickness.

Canned Goods. Once opened, pour liquid and leftover food into container to store in refrigerator. Do not store leftovers in original cans. The liquid from the can is a better choice for storage than adding water.

Oils. Store oils in the refrigerator. It is normal for oils to be cloudy when refrigerated. Move oils to pantry 1 day before needed to allow time for oil to come back to room temperature before using. If you do not use the oil often, store it in the refrigerator.

Food Safety

10

Extend shelf life by cooking.

Professional kitchens toss food out after 3-5 days. Home cooks tend to keep foods a little longer.

If fresh vegetables or meats are about to go bad, extend shelf-life by cooking them. Once cooked, you can store for an additional 3-5 days.

Join a Cook-Along Class

Our cook-along classes focus on easy, delicious, and healthy meals. We include how to use leftover ingredients, so you throw away less food.

Get more information on the [website](#) or [Facebook Page](#).



As Featured In



The Keeping Healthy Simple Club's goal is to turn food fears into kitchen confidence.

We help people with chronic health conditions to make easy, delicious, and healthy meals so they can stop worrying about food.

Alexia is a certified culinary nutritionist, licensed dietitian, and heart attack survivor who has navigated her food fears and become confident in her kitchen.