

Reduce Food Waste

Reduce

- Use reusable plates instead of buying paper or plastic plates.
- Make a list before you shop. Stick to your list and avoid buying excess food until you have the time and space to freeze it.
- Store food properly and check expiration dates.
- Use dip-it bowls and MyPlates to help with portion sizes.
- Eat all edible parts of fruits and veggies.



Reuse

- Use leftover veggies in casseroles, frittatas, stir-fries, baked goods, pasta, and salads.
- Freeze leftover fruit for smoothies or as a quick topper for oatmeal or cereal.
- Cut up and freeze leftover meat for soups and stews.
- Serve leftover items before making new meals.
- Freeze or store leftovers in smaller portion sizes, so they are easier to use for packed lunches, a one-person meal, or as a snack.



Repurpose

- Use leftover pancakes instead of bread for sandwiches.
- Make breadcrumbs or croutons from heels of bread.
- Put leftover meat, eggs, fruit, and veggies on pizza crust, English muffin, or tortilla.
- Use any leftover items for any meal or snack the next day.
- Plant seeds and pits or use in a craft project.
- Try these recipes using jarred baby food or cereals:



Department of
Health

Women, Infants, and
Children Program (WIC)

Recipes

Hummus Recipe

<https://celebrateyourplate.org/recipes/after-school-hummus>

Strawberry-Watermelon Rind Smoothie Recipe

<https://www.liveeatlearn.com/strawberry-watermelon-rind-smoothie/>



Activities

Bird Feeder from Orange Rind

<https://www.kidskubby.com/diy-bird-feeder-craft-for-kids/>

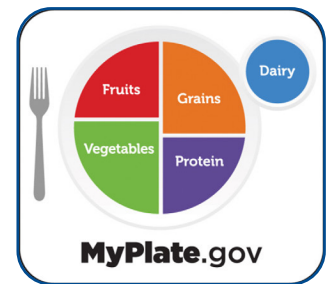
Mini Garden in Egg Carton

<https://www.artfulmommy.com/post/little-egg-carton-gardens>



True or False Measuring portion sizes can help limit waste.

True or False Using dip-it bowls and MyPlates to provide correct portion sizes can limit waste.



Name one thing you will do to keep your family healthy and reduce food waste.

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