

# Food Waste Tips & Tricks

A practical guide to reducing food waste in your daily life

## 1. Smart Shopping

- Make a shopping list and stick to it
- Don't shop when hungry
- Buy in bulk only if you'll use it
- Choose loose produce over pre-packaged

## 2. Proper Storage

- Store potatoes and onions separately
- Keep bananas away from other fruits
- Wrap leafy greens in paper towels
- Store herbs in water like flowers

## 3. Understanding Dates

- "Best Before" dates are about quality, not safety
- "Use By" dates are about safety
- Trust your senses - look, smell, and taste
- Freeze food before the use-by date

## 4. Creative Cooking

- Make vegetable stock from scraps
- Use overripe bananas for baking
- Turn stale bread into croutons
- Create "fridge clean-out" stir-fries

## 5. Freezing Tips

- Freeze herbs in olive oil
- Portion and freeze meat before use-by date
- Freeze ripe fruits for smoothies
- Label everything with date and contents

## **6. Portion Control**

- Serve smaller portions
- Use smaller plates
- Save restaurant leftovers
- Share large meals with friends

## **7. Composting Basics**

- Start with a small bin
- Add equal parts green and brown materials
- Keep it moist but not wet
- Turn regularly for aeration

## **8. Community Sharing**

- Share excess produce with neighbors
- Join a food sharing app
- Donate to local food banks
- Participate in community gardens

## **9. Smart Meal Planning**

- Plan meals around what you have
- Cook once, eat twice
- Use similar ingredients across meals
- Keep a running inventory

## **10. Food Preservation**

- Make jams from overripe fruits

- Pickle vegetables
- Dry herbs and fruits
- Make fruit leathers

For more tips and resources, visit [www.ecowastehub.com](http://www.ecowastehub.com)

Join our community and share your own tips!