

# Reduce Wasted Food!

## Tip Sheet for Vermont Residents

Hang me on  
your fridge

### Everyday

- **Use clear storage containers for leftovers.** This will allow them to be easily seen and more likely to be eaten first.
- **Designate and label an “Eat First” space in your fridge,** so everyone can easily identify the foods that need to be consumed first.
- **Learn to use the humidity settings in the fridge crispers** (see next page) to prolong the life of fruits and vegetables.
- **Take restaurant leftovers home** and place in Eat First space in your fridge.
- **Incorporate leftovers from one meal to make a new meal.**
- **Freeze foods you know you will not be able to eat soon.** You can extend the life of many vegetables, meat, and some fruit by freezing them.

### Weekly

- **Make a menu for the week.**
- **Check to see what you have in the fridge and cabinets before shopping.**
- **Make a shopping list.** Only buy the items on your list. If you tend to forget the shopping list, try using a shopping list app on your phone.
- **Buy imperfect fruits and vegetables.** They taste the same as the perfect ones and usually cost less.

### Other

- **Cook, bake, or freeze soft fruits to extend their life.**
- **Wilted vegetables may be used** for making stir-fries, soups, casseroles, smoothies, etc.
  - **Learn how to can and preserve food to use up summer and fall’s bounty.**

## Use Your Fridge to Reduce Wasted Food



Photo from [Flickr](#)

**Top & Middle Shelves = Most Consistent Temperatures** – store milk and other perishables

**Bottom Shelf = Coldest Area** – store defrosted or fresh meat and eggs

**Door = Warmest Area** – store non-perishables

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## Crisper Settings Make a Difference

Crispers are the two bottom drawers of your fridge. Crisper settings can be used to increase the life of vegetables and fruits.

The **High-Humidity** setting is for vegetables and fruits that need moisture, such as:

Broccoli	Carrots
Cauliflower	Cucumbers
Eggplant	Green beans
Herbs	Leafy greens
Peas	Peppers
Summer squash	Zucchini



The **Low Humidity** setting is for fruits and vegetables that aren't sensitive to moisture and for those that produce ethylene gas (ripening gas), such as:

Apples	Avocados
Kiwi	Mangoes
Melons	Pears
Summer fruit (nectarines, peaches and plums)	

Freeze vegetables and fruits (bananas and berries) you know you can't consume.



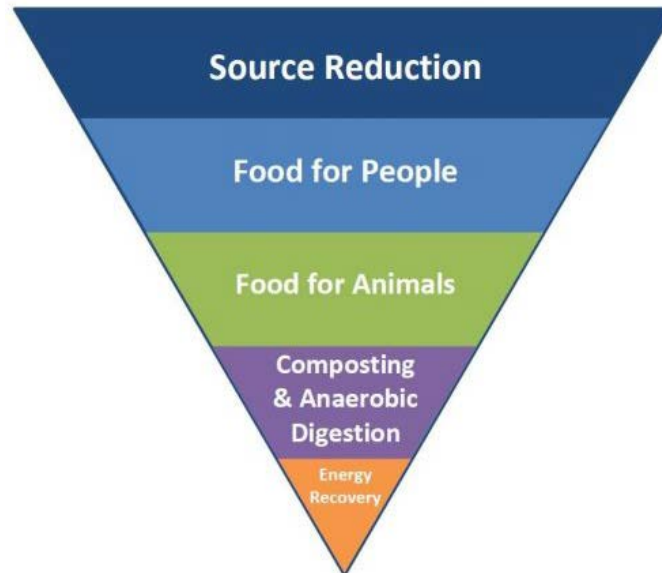
## Compost spoiled and rotten foods.

Go to [VT Districts, Alliances & Towns](http://dec.vermont.gov/waste-management/solid/local-districts) (<http://dec.vermont.gov/waste-management/solid/local-districts>) to find your town's contact for composting.



## Vermont Food Recovery Hierarchy

Vermont's Universal Recycling (Act 148) includes the following hierarchy of the preferred ways to manage food scraps and food residuals. At the top of the pyramid is source reduction, which means each of us taking action to reduce our food waste.



## Food Facts

- Did you know that 13% of Vermont households don't have enough food to meet their basic needs?
- Between 30 - 40% of food produced in the U.S. each year is wasted, and households account for about 47% of that waste.
- The average American family throws out around a quarter of their food purchases, amounting to about \$1,600 each year. And in Vermont, food and leaf and yard debris from residents makes up 18% of the trash.
- An estimated 13% of carbon pollution emissions in the U.S. are related to the growing, manufacturing, transporting, and disposal of food.
- Reducing wasted food helps families save money.

## Links to Some Recipes & Apps

- [Canning & Preserving Recipes](http://allrecipes.com/recipes/15930/side-dish/sauces-and-condiments/canning-and-preserving/) <http://allrecipes.com/recipes/15930/side-dish/sauces-and-condiments/canning-and-preserving/>
- [Recipes for Foods You Have in Your Fridge](http://www.supercook.com/#/recipes) <http://www.supercook.com/#/recipes>
- [USDA Foodkeepers' App](https://itunes.apple.com/us/app/usda-foodkeeper/id978186100?mt=8) <https://itunes.apple.com/us/app/usda-foodkeeper/id978186100?mt=8>
- [A Good Opportunity App](https://play.google.com/store/apps/details?id=it.u.bo.android&hl=en) <https://play.google.com/store/apps/details?id=it.u.bo.android&hl=en>
- [Canning 101: Food Preservation Tips & Tutorial App](https://itunes.apple.com/us/app/canning-101-food-preserving/id1104863492?mt=8) <https://itunes.apple.com/us/app/canning-101-food-preserving/id1104863492?mt=8>
- [Food Fermentation & Pickling Recipes App](http://food-fermentation-pickling-rec.apptor.io/) <http://food-fermentation-pickling-rec.apptor.io/>