

Food Waste

Mandatory Organic Waste Recycling Requirements

Mandatory Food Waste Requirements for Businesses ([Spanish Version](#)).

Quick Tips to Prevent Food Waste at Home

Shop Smart

- Buy fresh ingredients in smaller quantities more often so you waste less while enjoying fresher ingredients.
- Buy only what you realistically need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.
- Choose loose fruit and vegetables over pre-packaged produce to better control the quantity you need and to ensure fresher ingredients.
- Create your shopping list based on how many meals you expect to eat at home before your next shopping trip. Include quantities on your shopping list to avoid overbuying.
- Keep a running list of meals that your household already enjoys. That way, you can easily choose a meal to prepare Shop your fridge and cupboards first to avoid buying food you already have.

Keep Food Fresh

- Don't toss that extra milk! Milk can be frozen up to two months in an airtight container. Don't forget to leave room for the liquid to expand!
- Find a deal on produce or meat at the grocery store? Use your freezer to keep food fresh up to six months. Remove the meat from the store packaging, trim fat, and double wrap in an airtight freezer bag. Fresh vegetables can be blanched before freezing to preserve taste and nutritional value.
- Keep your fridge organized and set at 40 degrees F or slightly cooler. The coldest part of the fridge is the lower shelves. Keep meats and other perishable foods there.
- Set one crisper drawer to low humidity for fruits and other crisper drawers at high humidity for vegetables.

Eat What You Buy

- About 2/3 of the food we don't eat is a result of overbuying and spoilage. Keep an "Eat Now" box in your fridge for leftovers and foods that need to be consumed soon.
- Casseroles, frittatas, soups, and smoothies are great ways to use leftovers and odds and ends.
- Plan an "eat the leftovers" night each week.
- Share food you won't get around to eating with friends neighbors, or coworkers.
- What to reinvent leftovers? Check out the wealth of blogs and websites online that are full of recipes and tips.