



Tuesday's Tip: Waste-Proof Your Kitchen

How to Avoid Food Waste Before it Can Happen

One of the most effective ways to reduce food waste is to tackle it before it can happen. Before you bring home groceries, try these simple steps for a big impact on your waste and wallet!



Fine Tune Your Fridge

- Many of us don't keep our fridges cold enough, which can contribute to spoilage. Ensure that your fridge is set between 1-5 degrees Celsius.
- Re-organize or ditch the crisper drawers. If drawers are not airtight or cannot provide adequate humidity, vegetables tend to dehydrate. Check to see if your drawers have settings that you can adjust, and familiarize yourself this [helpful list](#) of how different produce items should be stored. If your veggies are consistently limp despite your efforts, ditch the drawers in favour of airtight containers.



Understand Best Before Dates

- "Best before dates" are intended to be a measure of "peak quality" – you can buy and consume foods on or after this date. Use your eyes, nose, and your discretion. Compost any food that doesn't make the cut.



Plan Ahead

- Make a list, stick to it, and have a plan (even if vague) for your purchases.
- Be realistic about what you can consume in a reasonable time frame. Consider shopping more frequently or buying fresh foods on a more regular basis to ensure against spoilage.

Up next: Tomorrow, we'll share our favourite tips for getting the most out of your food.

Need more information?

Contact the **RCBC Recycling Hotline!**

Lower Mainland: 604-732-9253 | BC Toll-Free: 1-800-667-4321

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