



Wednesday's Tip: Use it or Lose it!

How to Get the Most Out of Your Food

The average household wastes between $\frac{1}{2}$ to $\frac{3}{4}$ of a pound of food per person per day. This can add up to a value of \$1500 per year – not exactly pocket change! By using what you buy, revitalizing leftovers, and befriending your freezer, you can cut back on waste while saving money.



Eat Fresh

Fresh foods like fruit and vegetables are often sold with less packaging, and the whole product can usually be consumed. Use stalks to make stock, shave and save zest, and bake or blend bruised fruits. Whatever scraps remain can be composted.



Perform Food Triage

Half-used vegetables, fresh herbs, or prepared foods often end up wilted or forgotten in the back of the fridge. Prioritize foods that are mostly like to go off by creating a “use it first bin”, and keeping it front and centre. If you have a full house, also consider keeping a “eat this first” list on the front of the fridge for all snack seekers to see.



Go Bargain Shopping

If you buy and use foods on the same day, check and see if your grocery store has a discount section for items nearing expiry. This can save you money and good food from being needlessly tossed.



Prep For Tomorrow

Bought more than you could possibly chew? Wash, chop, and freeze foods for easy use down the road in soups, smoothies, or baking.



Love Leftovers

Leftovers make a great lunch, but that doesn't mean that you have to eat the same meal every day for a week. If you don't like repeat meals, freeze what's left right away and enjoy a quick dinner down the road.

Be Creative

Repurpose today's leftovers into something new tomorrow. Leftover ingredients can be delicious in soups, salads, curries, omelettes or on pizzas.

Not especially creative in the kitchen? Get inspired by food blogs, or try out a [recipe generator](#) for ingredients you have on hand.

Up next: *Rot the rest – it's time to get composting!*

Need more information?

Contact the **RCBC Recycling Hotline!**

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

www.rcbc.ca

