

Ways that we waste food:

- Sometimes we don't always eat all the parts of a food item (i.e. not eat the peppers in a salad)
- At lunchtime, sometimes we toss out food we don't like instead of eating some of it
- Taking more food than you actually will eat at lunch (we are served lunch in a cafeteria)
- Packaging up food to eat later, but then forgetting about it
- Costco: buying too much food that some ends up wasted

Ways to minimized eating food:

- Eating alternative sources of protein
- Eating leftover (save food from meals instead of throwing it away)
- Take smaller portions and go back for more food if still hungry
- Try to use as much of the piece of food as possible, for example: cutting up strawberries, don't leave a lot of red around the stem/leaf
- Creating spaces in your back yard to grow your own vegetables and compost
- Do bulk cooking to help minimize leftovers
- Freeze food to have later in the week
- Share leftovers with pets
- Add a sticky note to the fridge with reminders of what to eat (what will soon expire/be no good)
- Rotate food (old milk in front of new milk)
- Combine leftovers to make new foods
- Know how to store fruit and vegetables in the right way to keep them good for longer