



When you waste food, you waste money. Choose cash over trash by making simple changes to how you plan, store, and cook.

## Learn why food went to waste

When you clean out your fridge, make note of what food you toss and why.

Today's date: \_\_\_\_\_

1. Look in your fridge and remove all items that are spoiled or not edible.
2. Check off the types of food you pulled out to toss:
  - Vegetables
  - Fruit
  - Dairy
  - Eggs
  - Meat and fish
  - Leftovers
  - Bread, tortillas, or other grains
  - Sauces, dips, or canned goods
  - Other: \_\_\_\_\_

Optionally, include details about specific items you tossed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Check off reason(s) why food items went to waste, then discover ways to tweak your habits to save money and enjoy your food.

Reason for wasted food	How to save
<input type="checkbox"/> Forgot about it	<b>Figure out a way to keep track of your food.</b> Make an Eat First area, create a Use It Up list, put newer items behind older items, use clear containers.
<input type="checkbox"/> Date shown on package has passed	<b>Use your senses</b> – smell, see, taste – to check if food has gone bad. Except for baby formula, dates on food have nothing to do with safety and are only loosely related to quality.
<input type="checkbox"/> Bought with no plan	<b>Add the items you have to your Use It Up list.</b> For future shopping trips, plan your meals and snacks and use that to create a grocery list.
<input type="checkbox"/> Only used part of ingredient	<b>Keep track of and use up your food.</b> Make an Eat First area, put these items on your Use It Up list, add extras into meals like soups, stir fries, omelets, or smoothies, freeze ingredients to use later.
<input type="checkbox"/> Leftovers not used	<b>Make a plan for your leftovers.</b> Label to-go containers or put food into a clear container, and add them to your Use It Up list. Plan a leftovers dinner and call it something fun, like Encore Night or Eat It Up Meal.
<input type="checkbox"/> Produce spoiled too quickly	<b>Store food to make it last longer</b> and use things up before they go bad. Use the fruit and veggie storage guide and make sure your fridge is set to 40 degrees. Use anything close to going bad in meals like soups, stir fries, omelets, or smoothies, or freeze it to use later.
<input type="checkbox"/> Other _____	Try a strategy already listed above or come up with your own: _____

# Use It Up list

When checking your fridge, make note of items that need to be used up. Include ingredients, leftovers, and other items that need to get eaten quickly and make a plan for how you will use them in meals or snacks.

Food item	How will we use it up

Tip: Have ingredients that don't fit into your plan? Freeze them to use later.



## What did it cost?

Remember that throwing away food is throwing away money.

Here's how your uneaten food might add up in a week:

- Half gallon of 2% milk: \$2
- Leftovers from dinner out: \$9
- Bag of salad greens: \$4
- Total: \$15 tossed**

Tip: Track your costs and savings by keeping your grocery and takeout receipts. Cross out the items you used to see the cost of the food you didn't eat.

