

Save Food Save Money Save the Planet



Food waste causes problems for the climate and our wallets!

When food ends up in landfill it creates **Methane**, a greenhouse gas **20 times more dangerous than CO₂**!

In Canada, nearly 1/2 of the food wasted comes from **our own kitchens** costing us over **\$1100** each year in food we never eat!

**Together we can tackle food waste,
eat well, save money, and save the planet!**

About this study:

The University of Toronto is conducting a Food Waste Awareness and Reduction Study to understand the effectiveness of different strategies in motivating food waste reduction in our homes.

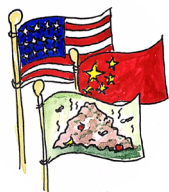
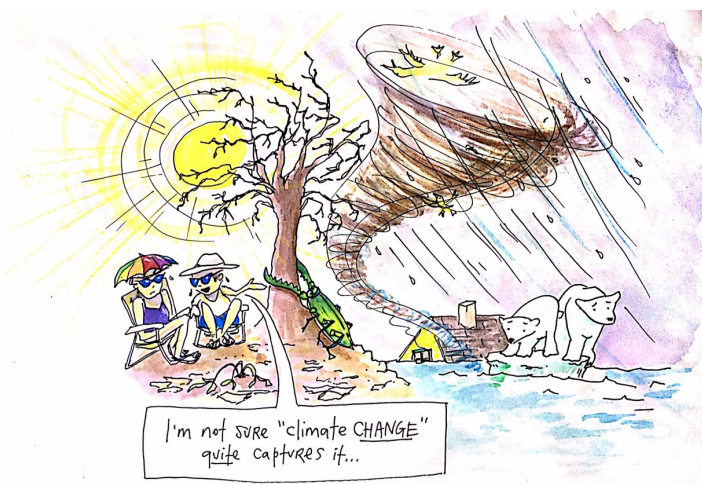
Thank you for participating and helping us find the best ways to help us all reduce food waste.

ALARMING FACTS ON FOOD WASTE



World-wide, **1/3 of the food we produce gets thrown out.**

Almost half of this waste comes from **our own kitchens**, and when it ends up in landfill, it creates **Methane**, a greenhouse gas 20 times more dangerous than carbon dioxide.¹



In fact, **if food waste was a country**, it would be the world's third worst emitter of greenhouse gases after USA and China.²

1. Characterization and Management of Food Loss and Food Waste in North America, CEC
2. The Business Case for Reducing Food Loss and Waste, Champions 12.3
3. City of Toronto single family household waste audit

WON'T MY GREEN BIN or COMPOSTER SOLVE EVERYTHING?

It helps a lot! Composting instead of landfilling organics helps to solve the problem of creating methane, yet **over 62% of what ends up in the green bin is food that could have been eaten³**—which wastes all of the water, energy, labour, fuel, packaging, and money that went into getting that food to you in the first place!

HOW TO AVOID FOOD WASTE AT HOME

Getting started:



Of all of the complex ways of tackling climate change, **food waste is an easy one** and you have all the tools you need right here!

Start by looking through **this booklet** then **stick it on your fridge** to easily refer to throughout the 12 weeks of this study.

Make a commitment to yourself, and with your family to try to reduce how much food gets wasted in your own kitchen.

Start to pay attention. Do you have organics recycling currently? Do you use it? If not, why not? How much food do you think you waste?

There are hundreds of ways to keep food from going to waste and every bit helps!



Getting organized:

Eat Me First!

Start a bin in your fridge for things that should be used up right away. Look there first when deciding what to eat.

Mark it!

Keep labels and a permanent marker near your fridge to label leftovers and storage containers. Knowing what's there is key to using it up.

Contain it!

Make sure you have containers on hand. They don't need to be expensive. Use washed and labeled yogurt containers, reused takeout containers (black with clear lids are particularly useful as they can't be recycled), or invest in a box of heavy-duty freezer bags to wash and reuse indefinitely.

Keep it in sight!

Try not to bury things in your fridge or freezer. If you don't see it, chances are you won't remember it's there and it will go to waste.

Fridge Fridays

Designate a night of the week to use up what's in your fridge, like Fridge Fridays.

Plan it out

Shop with a list

Shop with a list and a budget, and stick to it! Much waste comes from impulse purchases of perishable foods that we're not sure how or when we plan to use them.

Meal planning

This can be as simple as deciding what to cook for supper over breakfast, or can be a full week's plan with meals made in advance.

If this is your style, check out meal planning tips at:

LoveFoodHateWaste.ca "Plan It Out", or check out **York Region's Good Food Tips** for a great printable weekly meal planner grocery list.

Be realistic

Sales and bulk purchases can be tempting, but if it doesn't get eaten, savings go out with the compost! Have plans to preserve bulk quantities by freezing or canning.

Shop in your kitchen first

Before going to the store, check what you already have and purchase the ingredients necessary to use them up.

Storage tips

Keep it cool

In order to keep foods fresher longer, your fridge should be set below 5°C and your freezer below -18°C.

Like a bouquet

Treat carrots and fresh herbs like flowers, stored upright in water.

The fridge not the fruit bowl

Refrigerate apples and other fruit to keep them crisp and tasty for up to two weeks longer.

Rinse berries in a 1:3 mixture of vinegar to water then dry them to prevent them from getting moldy in the fridge.

Keep it fresh

Storing food in the right part of your fridge keeps it fresher longer. Refer to your fridge organizing magnet as a guide.

See more food storage tips at:
LoveFoodHateWaste.ca "Keep It Fresh"

Don't let the date decide its fate

Best before dates are required for manufacturing, but can be very confusing.

Many products like honey that never spoil still carry best before dates. A sniff, a taste, or cutting off a bad part can keep good food from going to waste as opposed to simply reading a date label.

According to the **Canadian Food Inspection Agency**, you can eat foods after the best-before date has passed, however when this date has passed, the food may lose some of its freshness and flavour, or its texture may have changed or some of its nutritional value may be lost.

How to decipher food safety dates:

Best-before

These dates refer to **food quality** rather than food safety. If the product has been stored under conditions appropriate to that product and unopened it should be of high quality until the specified date.

Use-by

These dates refer to **safety**. Food can be eaten up to the end of this date but not after, even if it looks and smells fine. Always follow the storage instructions on the package.

Display until / sell by

You can **ignore these** dates as they are for shop staff, not for shoppers.

Freeze it in its tracks!

You can save any food by putting it in the freezer right up to the 'use by' date.

Make sure to label so you don't end up with a freezer full of **UFOs** (Unidentified Frozen Objects).



Lovin' leftovers

Leftovers as lunch

Save time and money by packing leftovers for lunch while tidying up from dinner, and eating them while they're still fresh.

Leftovers are pre-prepped ingredients

Leftovers are already cooked, making you that much closer to a new meal. With a flash in the pan and some sauce or spice, last night's discards become today's delight.

Throw out the cookbook, not the leftovers!

Every sauce, soup, stew or stir-fry can handle a little surprise! Let soon-to-be-expired ingredients in your fridge or your kitchen cupboard inspire your next meal. Find uses for on-hand ingredients at [SuperCook.com](https://www.supercook.com).

Become a master wrapper

Adding leftovers to pitas, burritos, omelettes or sushi wraps are great ways to convert leftovers into lunch.

Gifts, not garbage

Make leftover buddies with workmates or neighbours to share the bounty of extra food.

Salvaged dinner parties

Get together to cook with friends combining all your needing-to-be-used-up ingredients and learning from each other new ways of building delicious salvaged meals.

Playing it safe with leftovers

Refrigerate leftovers within two hours of cooking. To cool them faster, divide into smaller portions.

Ensure that leftovers are **covered or sealed** in a container.

Eat leftovers within two days, either eat straight from the fridge or heat until piping hot.

Leftovers are good for at least **two months in the freezer**. Be sure to label!

Raw meat that has been defrosted and cooked is safe to refreeze.

Don't reheat leftovers more than once or you'll lose track of their age.

Creative cooking tips:

Learning to cook creatively, without relying on fixed recipes, will give you the skills to infinitely and artistically combine the ingredients you have on hand.

Make a substitution Recipes often call for a very specific type of leafy greens, meat, nut or vegetable, but feel free to substitute with whatever needs using up in your fridge.

Use your leftovers as pre-prepped ingredients For example, last night's tomato salad, though it may not be as fresh and appetizing, can be added to a pasta sauce, used as an omelette filling, or used as pizza toppings.

Transform that texture Especially with leftovers or expiring ingredients, the first thing to go is that perfect fresh texture. Cooking can revive the squishiest of berries or tomatoes or the most wilted greens.

Don't throw it away There are many parts of foods that we are accustomed to throwing out that are perfectly edible, for example beet tops can be cooked like spinach, and broccoli stalks can be peeled and grated, steamed or stir-fried.

Stock it up Even onion skins, mushroom stems and corn cobs can be turned into delicious and nutritious vegetable stock. Freeze until you're ready to boil and strain.

Cut it out Often only one part of an ingredient has lost its freshness. Cut it off or peel it away to reveal the freshness within potatoes, carrots, lettuce, broccoli stalks, cabbage, etc.

Roast it Roasting brings out the sugars and crisps up ingredients, the perfect solution for wrinkly apples, cherry tomatoes, potatoes, or peppers.

Blend it Lettuce, beets, grapes, cucumber, melon, or any other juicy fruit or vegetables can be added to juices and smoothies. Vegetables that have lost their crisp can be cooked and blended into soups or sauces.

Stock your pantry for experimentation

Keep supplied with onions, garlic, eggs and your favourite grains and spices - your staples for transforming near-forgotten veggies and leftovers into omelettes, wraps, soups and sauces.



Try this:

Fry up leftover
veggies or
greens



Add leftover
soup

Transform all sorts of leftovers into a delicious curry. Just add curry paste and coconut milk. Heat thoroughly and enjoy.



Chop and fry a
leftover half onion



Add leftover pieces
of cooked chicken or
meat



Add extra roasted or mashed veggies
sweet potato or chickpeas



Looking for more inspiration to help you
get organized, learn to cook with less waste,
store foods better or know what to do with leftovers?

www.lovefoodhatewaste.ca has loads of recipes and tips

Enter ingredients you have on hand at SuperCook.com to find
great uses for leftovers and extra ingredients.

Learn to master intuitive cooking at KitchenKarate.com

Questions about the study?

Email: tammara.soma@utoronto.ca
or call / text our toll-free hotline
1-833-366-3927



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We respectfully acknowledge that this study is taking place on the traditional territory of the Haudenosaunee, the Métis, and most recently, the Mississaugas of the New Credit First Nation. From the Haudenosaunee word Tkaronto, it is the traditional territory of the Dish With One Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy and the Ojibwe and allied nations to peaceably share and care for the resources around the Great Lakes.