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## Preventing Wasted Food - A Resource Sheet for Consumers

- **Planning**
  - Plan your meals for the week
  - Plan to eat the food in your refrigerator and pantry first
  - Keep a reusable container on hand for to-go or leftovers from a restaurant
  - [Food Product Dating](#) - “sell by” “used by” “best by”
    - Generally intended to communicate food quality, not food safety
    - Learn to use your sense to evaluate food quality
    - Baby Formula is only federally regulated food requiring a date
    - [Still Tasty: The Ultimate Shelf Life Guide](#)
  
- **Shopping**
  - Shop Smart - only buy what you need based on your meal planning
  - Shop at home first - use up and eat what you have in your refrigerator and pantry
  - Shop “ugly” produce - shape and look don’t determine taste or quality
    - [Article on why people don’t buy ugly produce](#)
    - [Misfits Market](#) - began in FL Nov. 2019
  - Shop local - buy locally produced food from farmers and farmers market
  
- **Prep**
  - Prep food for best storage and easy use
  - Prep “about to go bad” fruits/veggies for freezing for future use
    - Example - shred zucchini, freeze and thaw later for lasagna
    - Example - freeze cut up banana for smoothies
  - Donate food that will go uneaten ([foodbank](#) or family in need)
  
- **Storage**
  - Learn the basics of [food storage](#)
    - Zero Waste Chef - [How to Store Produce without Plastic](#)
  - Store leftovers correctly and keep organized
  - Freeze food in glass - ZW Chef - [How to Freeze Food without using Plastic](#)
  - Rotate “eat first” food to front of refrigerator and pantry
    - Create an “eat first” box in refrigerator
    - Rotate pantry food to eat oldest food first