

Food Waste Reduction Tips:

Handout on practical tips for reducing food waste in daily life, including shopping smarter, storing food properly, composting, and portion control.

Practical tips for reducing food waste at home:

- Plan meals and shop with a list to avoid overbuying.
- Use leftovers creatively (e.g., repurpose yesterday's dinner into today's lunch).
- Store food properly to extend shelf life (e.g., freeze fresh produce if it won't be used in time).
- Compost food scraps when possible.
- Understand expiration dates (e.g., "Best before" doesn't always mean "bad after").