

**SAVE  MORE  
THAN FOOD**

# FOOD WASTE CHALLENGE

There are many ways to prevent food waste at home.

See how many of these activities you can do.



Put dates on leftovers



Make a shopping list



Freeze bread to keep fresh



Turn leftovers into a new meal



Plan weekly meals



Use a meal planning tool



Dry or freeze fresh herbs



Turn bones into broth



Add cheese rinds to soups



Keep older items in the front of fridge



Shop from your fridge or pantry first



Turn veggie scraps into broth



Eat your leftovers



Freeze ingredients before they go bad



Compost



Freeze leftovers



Revive wilted veggies in cold water



Learn how to best store your food



Learn about date labels

## KNOW THE FACTS:

Nationally, 40% of wasted food comes from households.



Don't skip the "ugly" produce



Don't buy more than you need

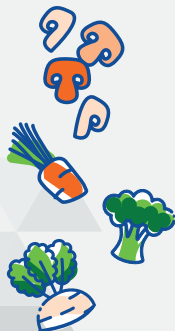


Donate unwanted food

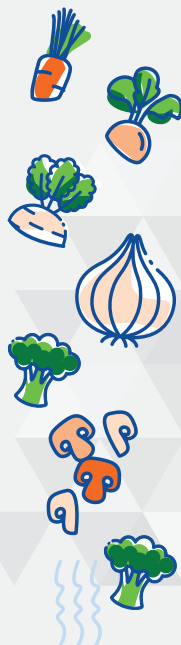
## KNOW THE FACTS:

1,000,000 lbs. of food waste arrives at Central Ohio's landfill daily.

SAVE  MORE  
THAN FOOD



# VEGETABLE SCRAP STOCK



**1** Save your onion and carrot peels, celery stalks, mushroom bits and other vegetable scraps. You can store them in the freezer until you're ready to make stock.

**2** Put the vegetable scraps in a pot and cover your scraps with at least 1" of water.

**3** Bring water to a boil and then simmer for at least 30 minutes. The longer you simmer the richer the stock!



**4** Strain stock and compost the scraps. Store the stock in the refrigerator for up to 4 days or freeze for up to 6 months.



[SaveMoreThanFood.org](https://www.SaveMoreThanFood.org)