

Eating Well

3 At Low Cost

In Canada, **40% of food production ends up in the garbage**, and the consumer is responsible for half of this food waste. With a bit of planning and organization, it is possible to reduce these losses, and in turn, reduce grocery bills!

Here is a list of tips on how to avoid food waste. Pick and apply the ones that suit you!

HOW TO AVOID FOOD WASTE?



AT HOME

- Plan a day in the week to eat leftovers or freeze them.
- Prepare a grocery list, make it visible in the kitchen and invite the entire family to add to it.
- Keep bread in the freezer.
- Freeze any leftover cheese.
- Keep nuts and seeds in the freezer.
- Be forgiving of expiry dates, besides meats, poultry and fishes, while always verifying the color and odor of the product. Reaching the best before date does not mean the food is not good after this date.
- Keep potatoes in the dark to avoid germination.
- When you return from the grocery store, wash lettuce and herbs and store them in a damp cloth in the refrigerator.
- Use a piece of bread or apple to soften lumpy brown sugar.
- Place the pot of crystallized honey in hot water for a few minutes before use.
- In the refrigerator, arrange items by food group.
- Separate fruits and vegetables in different compartments in the refrigerator.



PRACTICAL Tips

Leftover cooked pasta: Make a pasta salad with mayonnaise or vinaigrette and diced vegetables, legumes, etc. Perfect for lunches.

Bread crust or stale bread: Make bread pudding, homemade bread crumbs.

Stale baguette bread: Lightly pass under water and place in the oven at 400 °F a few minutes to revive it into a crusty baguette.

Slices of baguette: Make bruschetta.

Poultry carcasses: Make homemade broth.



- Beware of climacteric fruits: apples, bananas, kiwis, pears, tomatoes, melons, peaches, apricots, avocados. They give off ethylene and accelerate the ripening of other fruits and vegetables. Keep them separate from other fruits.
- Place soon-to-expire products in the front, as this will facilitate the rotation of products.
- Prepare large-sized vegetables and fruits to facilitate their consumption (e.g. cut up melon, pineapple, broccoli, cauliflower).
- Regularly check the refrigerator's temperature (between 0°C and 4°C).



AVENIR D'ENFANTS
DES COMMUNAUTÉS ENGAGÉES

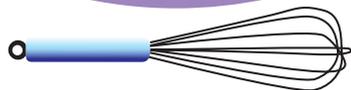


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AT THE GROCERY STORE

- Look for bargains in the withered fruit and vegetable section to make soup, stir-fries, jams, crumbles, etc.
- Do not buy a product that you are trying for the first time in large quantities.
- Buy in bulk foods that are infrequently used or are often wasted.
- Buy vegetables and fruits that are in different stages of maturity to prevent them from being ready at the same time. Consume the most perishable vegetables and fruits first.
- Choose products that have a longer expiry date to avoid waste, unless the prices are reduced or if these products can be consumed or frozen quickly.



IN THE KITCHEN

- Make simple recipes, with few ingredients.
- Measure dry ingredients properly (pasta, rice, couscous, etc.) to avoid cooking too much.
- Place your leftover food in transparent or labelled containers as not to forget them.
- Blanch any leftover vegetables (boil them for a few minutes and then place under cold water) before storing them in the freezer.
- Pour leftover tomato paste in ice cube trays, cover them and freeze them. Once completed hardened, put the cubes in a freezer bag.
- If you buy too many herbs, use them up in recipes or dry them.
- Put lemon juice on the fruits that easily brown when cut.
- Do not hesitate to substitute recipe ingredients with what you already have at home (e.g. you can replace red onion with yellow or white onions, vegetable broth with beef or chicken broth or water, peppers with carrots or zucchini).
- In lunch bags, pack vegetables and fruits in solid containers to prevent them from getting damaged.



- Vegetable peelings:** Make vegetable broth
- Wilted vegetables:** Incorporate into soups, muffins or smoothies
- Broccoli stalks:** Cut into small pieces and cook them, as to later incorporate them into different recipes
- Leaves of carrot, fennel, beet, celery, radish, etc.:** Add to soups or salads
- Overripe fruits:** Add to smoothies, muffins or use them to make fruit crumbles or compote
- Leftover legumes:** Add to soups, salads or turn into a puree (olive oil, spices of your choice, lemon juice, salt and pepper)



For more information or recipe ideas to avoid food waste, visit the web site <https://www.lovefoodhatewaste.com/>