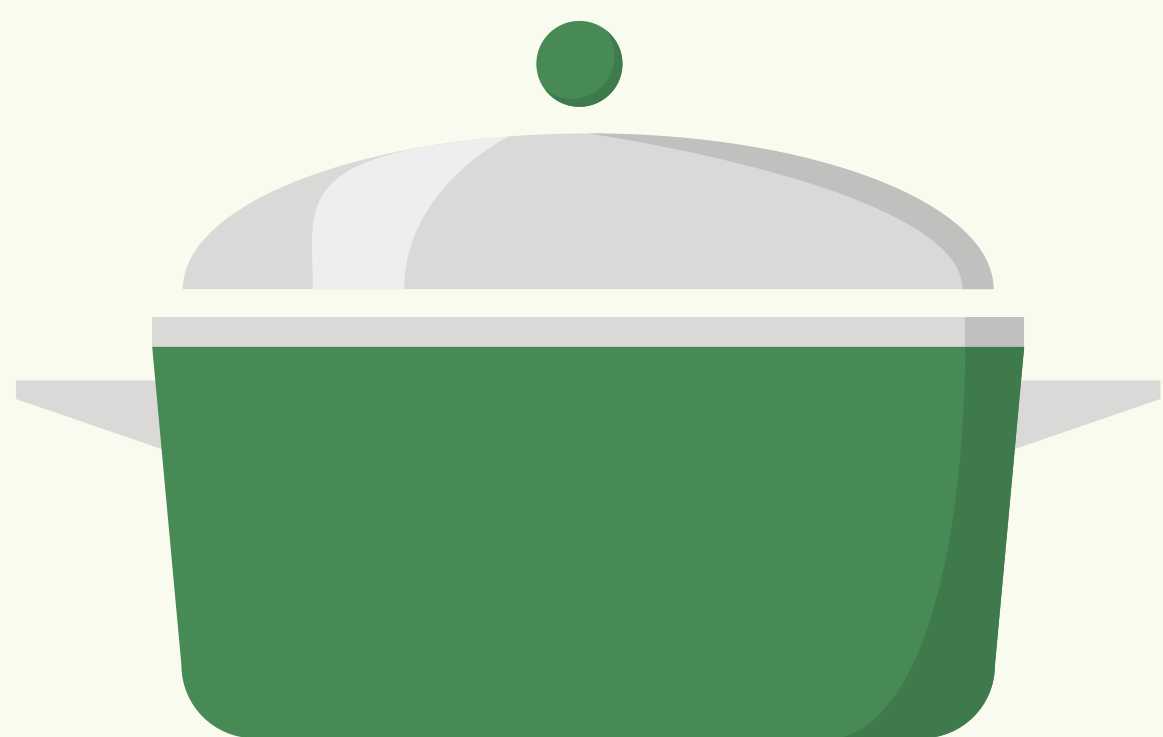


4 TIPS TO REDUCE FOOD WASTE AT HOME!

SAVE VEGGIE OFFCUTS AND TURN INTO A BROTH.



See the next page for a Zero-Waste broth recipe!

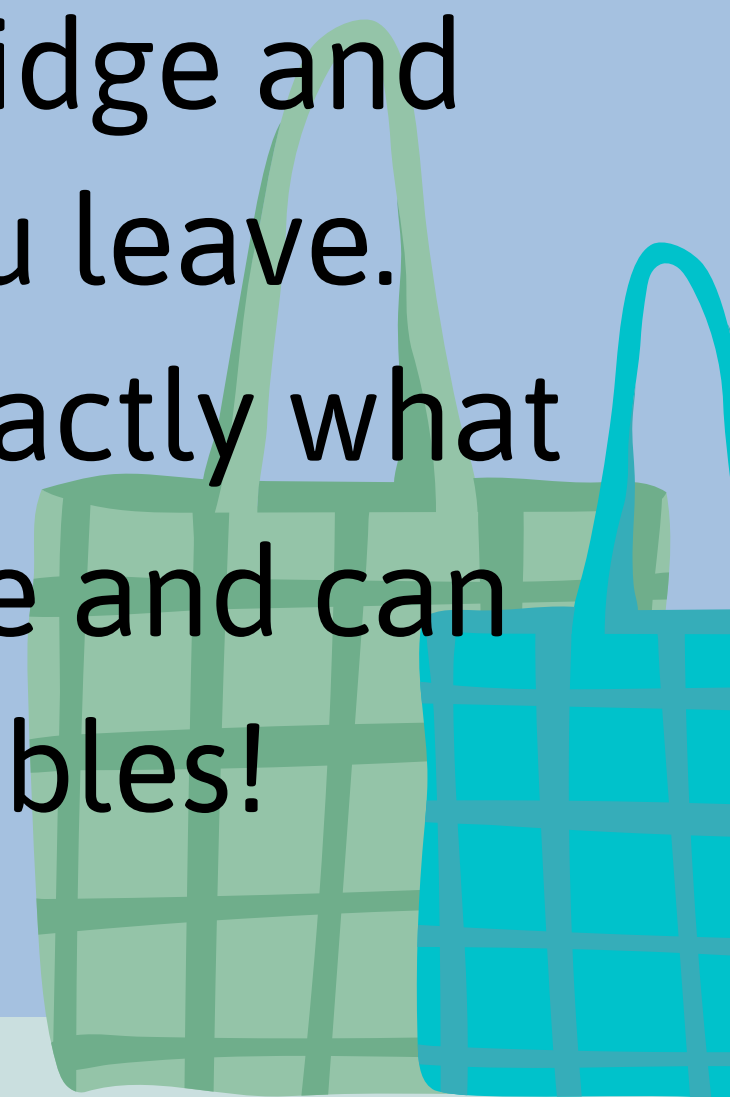
USE THE WHOLE VEGETABLE.

Don't throw out the greens or stocks from your veggies! They are delicious and full of nutrients. Try frying up your beet greens with oil, salt, pepper and garlic!



PLAN MEALS AHEAD.

Meal planning is one of the easiest ways to reduce your food waste. Try taking a picture of your fridge and pantry before you leave. You will know exactly what you have at home and can avoid buying doubles!



FREEZE THEM UP!

When you notice that your produce is not going to last long enough for you to eat throw it in your freezer. Things to do with frozen produce:

- fruit smoothies
- pasta sauce
- soup



ZERO-WASTE VEGETABLE BROTH:

INGREDIENTS:

You can use any vegetable scraps that would normally go into the compost! Here are some examples:

- Onion skins
- Zucchini
- Carrots
- Turnips
- Squash
- Sweet potatoes
- Peppers
- Chilis (if you want a kick!)
- ECT!

Spices:

- Salt & Pepper
- Garlic
- Bay leaves
- Fresh herbs (ex. thyme, oregano & rosemary!)

DIRECTIONS:

1. Add vegetable scraps into a large pot. Cover scraps with cold water and bring to a boil.
2. Allow broth to simmer for 30 minutes to an hour.
3. Strain broth through thin strainer or cheesecloth.

TIPS AND TRICKS:

- Have a designated bag in your freezer to store vegetable scraps until you have enough to make broth!
- Broth can be used immediately or frozen!
- Use broth as a water substitute when cooking grains and rice.