

# 5 SOLUTIONS TO REDUCING FOOD WASTE IN OUR KITCHENS



## Purchase with a purpose

Make a shopping list and stick to it! Plan ahead knowing what you have and only purchase items you know you need. Plus, don't shop for groceries while hungry.



## Store food correctly

Take some time to research how food should be stored and what keeps them at their freshest.



## Don't throw it all away

Many items, especially non-edible sources of food waste like banana peels and eggshells, are great supplements for home composting.



## Understand expiration dates

Take the time to learn about food labels. Most dates on food packaging refer to the peak quality and have nothing to do with food safety.



## Don't cook too much food

Begin with cutting down on the serving sizes. Reducing the amount of food you prepare can make it easier to avoid food waste. Save and actually eat leftovers. Or repurpose prepared foods into new recipes.

## Be Part of the Iowa Rural Communities Food Waste Reduction Project

I am so excited to share this project with you. Funded by the Rural Utilities Service of the United States Department of Agriculture, the IWRC will be providing community-level food waste reduction assistance to your community.

Help us reduce the 40%\* of food that gets wasted each year in the United States. Help us diminish the amount of food waste that gets sent to Iowa landfills each year, an amount that has increased by 62%^ since the late 1990's. And help us recover food so that no Iowan is hungry.

If you have any questions or want to learn more, please feel free to contact me at 319-273-6584 or [jennifer.trent@uni.edu](mailto:jennifer.trent@uni.edu) and visit [iwrc.uni.edu/food-waste](http://iwrc.uni.edu/food-waste). I look forward to working with you.

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