

SAVE FOOD \$AVE MONEY



The average American family of four spends \$3,000 annually on uneaten food according to ReFED.

Don't let your food or \$\$\$ go to waste!

1 Eat leftovers or make smaller portions!

Follow [USDA guidelines](#) about quickly refrigerating leftovers to safely extend the life of your food. Take dinner leftovers to work for lunch!



2 Store food properly to keep it fresh longer

Keep meat, dairy, and eggs on the bottom shelf of the refrigerator, where it's coolest. Find more food storage tips on the reverse side and by scanning the QR code.



3 Inventory and meal plan weekly

Consider which ingredients you have at home. Find recipes to use up the those ingredients. This way, you're not left with half a lemon or bananas going bad!



4 Revive your wilting food

Revive wilted vegetables by soaking in ice water for 5-10 minutes. Refresh stale chips, crackers, or bread by toasting for 1-2 minutes. This will give new life to your foods!



5 Have an "eat me first" shelf or bin in your refrigerator

Prevent forgotten foods from spoiling by storing aging foods front and center of the refrigerator. Adding an "eat me first" sign can help visually remind the household to grab older foods first.



6 Follow USDA guidelines for freezing and thawing foods.

Do you have more fresh food than you can eat? Freeze some for later! Label and date the container. Thaw food in the refrigerator overnight to enjoy the next day. Leftovers, bread, butter, & meat freeze well!



Why prevent food waste?



The average American family of four spends \$3,000 annually on uneaten food according to the U.S. Environmental Protection Agency.



Wasting food also wastes the soil, fuel, energy, labor, and water used to grow, process, and transport our food.



Food waste makes up around 20% of what is disposed of at the Crapo Hill landfill. By reducing food waste, you save money, benefit the environment, and help extend the life of our local landfill.

Here's how you can help! 😊

- 1 Prevent food waste at home. See tips on both sides of this flyer.

According to the USDA, "Best by," "Use By," or "Sell by" dates are not related to food safety. They may indicate when a product will be of best flavor or quality. It is not a purchase or safety date. Date labels only represent food safety for infant formula.
- 2 Backyard compost. Visit gnbrmdistrict.org for information about low-cost compost bins.
- 3 Drop off food waste. New Bedford residents: at the Recycling Center; Dartmouth residents: at the Transfer Station.

Greater Bedford Regional Refuse Management District

Questions? (508) 979-1493, marissa@gnbrmdistrict.org

Follow us!

New Bedford Recycling



Dartmouth Recycling



Food Storage Tips

Keep your food fresh longer
& save money!



Bread

Store in a cool, dry place and freeze what you won't use within 2-4 days

Potatoes

Store in a cool, dark, and dry place in a paper bag



Onions

Store loose in a mesh bag away from potatoes



Leafy Greens & Herbs

Scrub clean, dry, and wrap in a cloth, then store in an airtight container



Fruit

Remove moldy fruit so it does not spoil the rest. Store fruit in breathable containers in the fridge



Vegetables

Give veggies space to breathe in the crisper drawer & remove their leafy tops

