



Brit Hazon: Reduce Food Waste

These are actions you can take to reduce food waste that are effective both because a) they really matter in terms of environmental impact and b) because you really can stick to them.

- Action 1 – Trust Your Senses**
Sell by/Best by/Use by dates are not legislated, have no oversight, and are not standardized (except on baby formula). Hence, these dates do not mean that food is yucky or unsafe after the date. Learn to use your eyes, nose, and mouth to determine if food is safe and tasty and stop throwing food out just because of the date.
- Action 2 – Eat Me First**
Create an “eat me first” shelf in your fridge and keep on it food that needs to be eaten in the next two days. Then, plan your meals around what’s on that shelf first.
- Action 3 – Audit**
Conduct a home food waste audit and actually measure how much food you are wasting.
- Action 4 – The Freezer is Your Friend**
Whether it’s leftovers you just can’t bring yourself to have one more serving of right now, or food you just aren’t going to get to eat before it goes bad, freeze it! Not everything will return to its original glory, but frozen bread makes great toast, frozen fruit is perfect in smoothies, frozen veggies are delicious when tossed into pasta dishes and soups.
- Action 5 – Feed People, Not Landfills**
If you regularly have a surplus of larger quantities of food from large events, or through your workplace or synagogue, find a local food bank or other food rescue partner that can share the leftovers with people in need. Or, simply offer up your goodies to friends and neighbors.
- Action 6 – Compost**
Compost the food waste that you do create. Options vary depending on what services are available in your area, but there’s almost always a way to do it. Research what’s possible for you and implement it.

RESOURCES

Check out these organizations for an abundance of tips and tools to help you reduce food waste:

[Environmental Protection Agency](#), and in particular their [Food: Too Good To Waste Toolkit](#) that includes a home food waste audit

[Feeding America - food bank database](#); and, search on-line for “food bank or food rescue in [city]”

[Love Food Hate Waste](#)

[Make Food Not Waste](#)

[National Resources Defense Council](#)

[ReFED](#)

[Save the Food](#)