



5 WAYS

TO REDUCE KITCHEN WASTE

Did you know the average person discards about 4.5 pounds of waste each day? Large amounts of waste that are not properly disposed of negatively impacts the environment. In most cases, kitchen waste is the main source, because it has food, packaged items, and equipment. One way to cut down on waste is to create less. Disposing less household garbage helps to reduce air pollution, improve ocean quality, and sustain non-renewable natural resources (e.g., coal, petroleum, and natural gas). Here are five ways to reduce your household kitchen waste for a healthier environment.



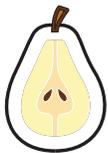
Use a shopping list when purchasing foods and supplies to avoid buying more than you need.



Know what is stored in the refrigerator, pantry, and freezers; and use the oldest items first.



Use non-disposable kitchenware for preparing, serving, and eating meals.



Donate unwanted and unexpired foods to a local food bank.



Manage leftovers by storing them based on the food safety guidelines at [foodsafety.gov](https://www.foodsafety.gov).

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