

Reduce Wasted Food!

Tip Sheet for Vermont Residents

Hang me on
your fridge

Everyday

- **Use clear storage containers for leftovers.** This will allow them to be easily seen and more likely to be eaten first.
- **Designate and label an “Eat First” space in your fridge,** so everyone can easily identify the foods that need to be consumed first.
- **Learn to use the humidity settings in the fridge crispers** (see next page) to prolong the life of fruits and vegetables.
- **Take restaurant leftovers home** and place in Eat First space in your fridge.
- **Incorporate leftovers from one meal to make a new meal.**
- **Freeze foods you know you will not be able to eat soon.** You can extend the life of many vegetables, meat, and some fruit by freezing them.

Weekly

- **Make a menu for the week.**
- **Check to see what you have in the fridge and cabinets before shopping.**
- **Make a shopping list.** Only buy the items on your list. If you tend to forget the shopping list, try using a shopping list app on your phone.
- **Buy imperfect fruits and vegetables.** They taste the same as the perfect ones and usually cost less.

Other

- **Cook, bake, or freeze soft fruits to extend their life.**
- **Wilted vegetables may be used** for making stir-fries, soups, casseroles, smoothies, etc.
- **Learn how to can and preserve food to use up summer and fall’s bounty.**

Use Your Fridge to Reduce Wasted Food



Photo from [Flickr](#)

Top & Middle Shelves = Most Consistent Temperatures – store milk and other perishables

Bottom Shelf = Coldest Area – store defrosted or fresh meat and eggs

Door = Warmest Area – store non-perishables

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Crisper Settings Make a Difference

Crispers are the two bottom drawers of your fridge. Crisper settings can be used to increase the life of vegetables and fruits.

The **High-Humidity** setting is for vegetables and fruits that need moisture, such as:

| | |
|---------------|--------------|
| Broccoli | Carrots |
| Cauliflower | Cucumbers |
| Eggplant | Green beans |
| Herbs | Leafy greens |
| Peas | Peppers |
| Summer squash | Zucchini |



The **Low Humidity** setting is for fruits and vegetables that aren't sensitive to moisture and for those that produce ethylene gas (ripening gas), such as:

| | |
|--|----------|
| Apples | Avocados |
| Kiwi | Mangoes |
| Melons | Pears |
| Summer fruit (nectarines, peaches and plums) | |

Freeze vegetables and fruits (bananas and berries) you know you can't consume.



Compost spoiled and rotten foods.

Go to [VT Districts, Alliances & Towns](http://dec.vermont.gov/waste-management/solid/local-districts) (<http://dec.vermont.gov/waste-management/solid/local-districts>) to find your town's contact for composting.

