



SECOND CHANCE FOODS

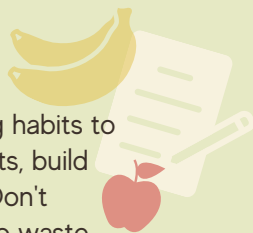
Guide for reducing food waste at home



PREVENT IT

Shop Your Fridge & make a plan

Are you eating what you purchase? Adjust your shopping habits to use what you have on hand before buying new ingredients, build your grocery list based on what needs to be used **first**. Don't forget to make a plan for leftover items **before** they go to waste.



Get Creative & TRANSFORM IT

The **blender** and **stockpot** are two of our favorite tools in the kitchen that can help transform produce on the edge of going bad!



Berries

Berries make great smoothies

Fresh Tomatoes

Roast large amounts of tomatoes on a sheet pan w garlic and spices, the puree for a simple sauce.

Kale, Spinach, Chard

Wilted greens go great in bakes, soups, and smoothies!

Root Veggies

Soft veggies still roast well, are great in soups or stocks.

Peaches, Apples, Pear

Homemade apple (or any tree fruit) sauce is easy, nutritious, and useful for future recipes.



Before You Toss It... FREEZE IT

Freeze leftover meals, sauces, and more. Or freeze to extend the life of perishables. To prevent freezer burn flash freeze items in a single layer then transfer to freezer safe container.

Some of our favorite food to freeze:

- Berries (Cut off any mold, use in smoothies)
- Bananas (Whole or Peeled & Sliced)
- Applies (Peeled, sliced, and blanched w lemon juice)
- Cheese (Shredded works best)
- Ginger - (Whole, sliced, or grated)

- Herbs (fill ice cube trays with broth or butter and freeze as one)
- Kale (bag chopped kale and get out extra air)
- Peppers (Sliced or diced)
- Veggie Scraps (collect scraps in a bag & when it's full - make stock!)