



## STORY SERIES 2: FOOD MATTERS - REDUCING FOOD WASTE IS ONE OF THE MOST EFFECTIVE WAYS TO REDUCE THE OVERALL GREENHOUSE GAS FOOTPRINT OF THE FOOD SUPPLY

### Start taking steps today to reduce your food waste

- Plan your week and shop for all what you need. Start by taking an inventory of what you have in your fridge, freezer and pantry
- Buy what you need and try to use it up
- If you can, shop for 2 or 3 days at a time
- If you need to do larger shopping trips, consider purchasing more frozen fruits, vegetables and proteins
- Try to plan when to take a day off from cooking so you aren't buying food that won't be used
- Don't throw those leftovers away. Plan on having leftovers to enjoy the following day or freeze in individual portion sizes for a quick and easy meal you can defrost
- Reimagine leftovers. Repurpose grilled vegetables in a quiche or add to a delicious soup
- If you are unable to use all of your fresh ingredients – freeze them for another time

The COVID-19 global pandemic has made us more aware of the challenges that face our food supply and the changes we experience daily as we shop for and prepare our meals. Our actions to reduce food waste are important. Small changes can add up and contribute to mitigating climate change. The choices you make as eater are crucial to towards causing change.

### Helpful Links

Love Food Hate Waste <https://lovefoodhatewaste.ca>

Food Stash Foundation - <https://www.foodstash.ca/>

Wasted! The Story of Food Waste (video) - <https://www.cbc.ca/passionateeye/episodes/wasted-the-story-of-food-waste>

Stop Food Waste (Ireland) - <https://stopfoodwaste.ie/>

Food Matters Action Kit - <http://www3.cec.org/flwy/>