

#EndFoodWaste

Save \$\$\$ & Reduce Waste: PLAN AHEAD



Once a week, check your refrigerator & cabinets to note what you have:

- If it's been there for a while, plan to use it
- Think about how you can use what you already have
- Determine what you need to buy

Shop your
refrigerator
& cabinets
first



Always make a list before going to the store, so you:

- Buy only what is on your list
- Remember to get everything you need

After shopping:

- Put new products on the shelf behind/under similar items that are already there
- This way, the older ones are seen & eaten first



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Ideas to Use it Up!

MAKE A PESTO

You can make pesto out of almost any greens, but you need a blender for best results. Follow this recipe or use what you like – different cheeses, nuts, &/or greens:

- ½ cup olive oil
- 2-8 cloves garlic
- ½ cup cheese (parmesan)
- ½ cup tree nuts (pine nuts or walnuts)
- 3 cups basil (packed tight) – other ideas:
 - Greens: spinach, parsley, carrot tops, or beets
 - Stems: broccoli, kale, or beets (first boil in water until soft; drain & cool)

Put all ingredients in a blender & mix until a thick paste; add salt & pepper to taste.

Store in a glass container with a tight lid (suggestion: use a recycled jar) in the refrigerator for up to 2 weeks.

Enjoy by mixing into pasta or spreading on bread, fish, or chicken.

MAKE CHILI

A basic recipe is:

- 2 onions (chopped)
- 3-6 cloves garlic (minced)
- Chopped veggies (1 or 2 green peppers, plus other veggies like carrots, celery, broccoli, or cauliflower)
- Dried spices (2 Tbsp. ground cumin & 2 Tbsp. chili powder – plus others you like)
- 6 cups beans (3 cups dried beans soaked in water overnight or 2 large cans drained & rinsed)
- 6 cups of peeled crushed tomatoes (or 2 large cans, including juice)
- Optional: any leftover meat – cut into small pieces

In a large pot on medium-high heat, add 2 Tbsp. olive oil & onion, garlic, spices, & veggies. Stir until soft. Add tomatoes, their juice, & beans (& optional meat). Add 1 or 2 cups of water, if needed. Bring to a boil. Reduce heat & simmer 1-2 hours. Salt & pepper to taste. Optional: sprinkle with cheese.

You can try the recipe as is or customize it for the ingredients you have and like.

