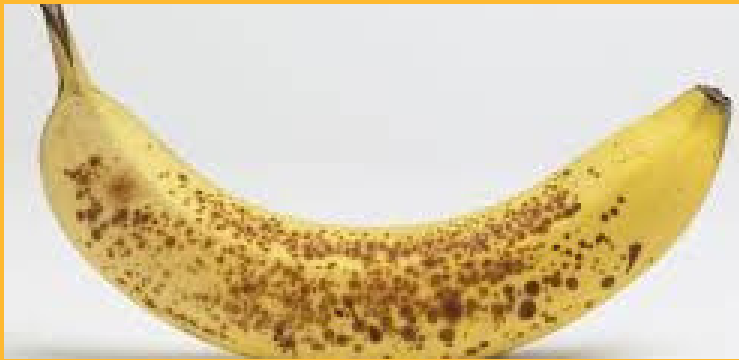




VENTURA COUNTY
PUBLIC HEALTH

LET'S TALK TRASH

REDUCE FOOD WASTE



HOW CAN YOU REDUCE FOOD WASTE?

Shop your fridge first: Cook or eat what you already have at home before buying more.

Plan meals: Make a list before you shop. Only purchase what you will use during the week.

Be smart about sales- It's not a bargain if you can't eat the food before it spoils.

Compost: Fruit and vegetable scraps, egg shells and coffee grounds make great compost for your garden and reduce trash sent to the landfill.

EAT LEFTOVERS

Leftover vegetables? Make homemade vegetable soup.

Over ripe bananas? Bake banana muffins, freeze and enjoy throughout the month.

Leftover rotisserie chicken? Shred and toss in a salad, over pasta or quick and easy chicken tacos.

Do you have bread that is starting to dry? Place bread in low temp oven until dry and blend into bread crumbs.

For more tips on reducing food waste visit:

www.savethefood.com

www.epa.gov/sustainable-management-food