

## 7 ways to save money and reduce household food waste.

Submitted by CRD Environmental Services

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With prices on the rise in the capital region, many of us are feeling the pinch. Grocery shopping is one part of our day-to-day life where there are plenty of opportunities for savings– and there’s an added bonus to shopping smarter: less food waste!

The average Canadian household wastes 140kg of food per year, that adds up to roughly \$1,100! Reducing food waste not only saves you money at the grocery store, it also reduces greenhouse gas (GHG) emissions in region and saves vital airspace at Hartland Landfill.

### 7 ways to waste less food and save more money:

1. Design your meal plan based on what is on sale – Take a look at grocery store flyers before you meal plan for the week to see which foods are on special. Two for one cauliflower is on sale? Be sure to include multiple recipes that use cauliflower so it doesn’t go to waste.
2. Make a list, and stick to it – Write your shopping list in conjunction with your meal plan. You’ll be less likely to forget anything and you’ll also find that you’re less likely to go off-plan with impulse buys.
3. Create a food shopping routine – Whether that’s planning meals and your shopping list on the same day each week, keeping a list handy on your phone for when things spring to mind, or booking in a regular online delivery – find a rhythm that works for you.
4. Look at the labels – Best before and expiry dates can be complicated, and when misunderstood can lead to food waste and extra spending.
5. Shop at the end of the day – You might find that there are clearance bargains to be had as still perfectly good fresh food approaches the date on the label. Even if you can’t use it straight away, it’s still great for freezing. Pro tip: you can freeze right up to the use by date!
6. Buy one or two products that help you use leftovers – Invest in one or two inexpensive items to help make the most of your leftovers. For example, tasty stock cubes or pastes can turn leftover veggies into a lovely soup, and rice or potatoes will help you make a meal out of leftover chili or curry.
7. Store your food properly – To ensure what you bought from the grocery store doesn’t spoil remember to store it in the correct section of your fridge and learn how long food items typically last.

For more tips on how to save money and reduce food waste, please visit [www.crd.bc.ca/lovefood](http://www.crd.bc.ca/lovefood)