

Maximizing Efficiency, Sticking to a Budget and Reducing Food Waste

Planning

- Take stock of what you have in the freezer, refrigerator, pantry and garden.
- Make a plan for meals and snacks utilizing ingredients already on-hand.
- Search online or in cookbooks for recipes utilizing on-hand ingredients.
 - Get input from the rest of the household!
- Make a grocery list of the items that you are missing.
- Consider your budget: swap in healthy cheaper ingredients when able, such as beans instead of meats or frozen instead of fresh options.



Shopping

- Consider organizing your grocery list according to the store layout to maximize efficiency.
- Pick a grocery shopping time when you will not be rushed and hungry.
- Avoid aisles that you don't need to be in and resist impulse purchases.
 - Stick to the plan!
- Consider store brands and items from bulk bins for cheaper options.
- Look above and below eye level on the shelves for potentially better deals.
- Bring your own bags that are washable or can be wiped down after each shopping trip.
- Bag your own groceries if you can, to speed up the process and get more movement.



Reducing Waste

- Choose a mix of fresh, frozen, dried and canned items to extend shelf-life and reduce trips to the store.
 - Longer shelf-life examples include: dried or canned beans, canned or frozen fish, canned or frozen vegetables, and canned, frozen or dried fruit.
 - Look for “low” or “no” added salt, sugar, and fat for the canned and frozen items.
- Immediately after cooking, portion and refrigerate or freeze any leftovers.
- For single item leftovers (eg broccoli), brainstorm a different recipe or use.
- Plan to use up the fresh items within a few days of purchase.
- Keep an eye on ripening items to use at peak readiness.
 - Alternatively, freeze, home-can or dehydrate produce for future use.

