



HOW TO BEGIN A ZERO-WASTE LIFESTYLE



1 IMPERFECT IS STILL PERFECT



Do not throw away food because it does not LOOK appealing. Produce with small bruises are still healthy and edible. Expiration dates are now Use by dates because many times the food still has days or weeks left in it.

2 BUY LOCAL FRESH FOOD

Buying from local farmers means empowering the community and supporting local families. It also conserves fertile soil and clean water in our communities.



3 DON'T DISPOSE. REUSE REDUCE & RECYCLE!



There are many people in need and many open shelters that would be happy to receive donations. If you have excess food and do not plan to use it. Don't waste it, let someone who needs to receive it.

4 COMPOSTING

If you have the advantage of having an outside area where you can compost scraps, please do! And if you are located in a city try to find neighborhood gardens that are willing to take your scraps. Composting reduces food from landfills and enriches our soil.



5 YOUR FREEZER IS YOUR NEW BEST FRIEND

Fruits and vegetables and even dairy products can be frozen to last you longer period of time if you know you won't be finishing a certain amount of food. Especially great when fruits are going to rot, you can cut them, and freeze to be used for smoothies later on.

