

BE GREEN!

Talk about tips with your family to reduce waste in your kitchen:

Tips To Reduce Food Waste At Home

Plan & Prep
Plan your meals
Check your fridge before shopping
Chop Fruit & Veggies ahead of time

Love Your Leftovers
Date leftovers & take them to work for a simple lunch

Keep Track
Post a list of perishables to be used on the fridge where you can see it

Make It Work
Use 'Kitchen Sink' recipes to use up what's left in your fridge. Quiche, stirfrys and soups are all good options

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Share with Mrs. Berdan what your family does to reduce food waste by Feb. 16th at lberdan@abs.misd.net