

Smart Prep: Prep Now, Eat Later

Prepare perishable foods soon after shopping. This will make it easier to use things like fruits and vegetables in meals without having to go to the trouble to chop things up multiple times a day. If you automatically prepare these perishable items, you can save part of it for meals that week and freeze the part you don't think you'll be able to use for later. This will help reduce your household's food waste significantly!

Tips for Food Prep Success

- ✓ When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.
- ✓ Label containers or bags of prepped food with dates and descriptions so you know how long you have to use it. If it gets close to the date, stick it in the freezer before it goes bad!
- ✓ Befriend your freezer and visit it often. Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- ✓ Cut your time in the kitchen by preparing and freezing meals ahead of time.
- ✓ Prepare and cook perishable items, then freeze them for use throughout the month. For example, bake and freeze chicken breasts or fry and freeze taco meat. Freeze fresh fruit bought in bulk for use in smoothies, or vegetables for use in casseroles or omelets.

