



PREP SMARTER

REORGANIZE
YOUR FRIDGE
EVERY SO
OFTEN!

Chop, chop!

Prep now, eat later! Prepare perishable foods soon after shopping. It will be easier to whip up meals later in the week, saving time, effort, and money. Who doesn't love that?



Tips and Tricks

- 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.
- 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. Make a list and post it outside of your freezer so you know what food you have on hand.
- 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.

THE AVERAGE AMERICAN WASTES

254 LBS
OF EDIBLE FOOD
EACH YEAR.

“ I CUT MY EXCESS FRUIT INTO PIECES, FREEZE IT IN A SINGLE LAYER ON A SHEET, AND THEN TRANSFER IT INTO PLASTIC BAGS OR TUPPERWARE TO STORE. WE USE FROZEN FRUIT FOR SMOOTHIES. ”

“ I'VE ALWAYS THOUGHT MEAT WAS AN ESSENTIAL PURCHASE AT THE GROCERY STORE BUT THROUGH THE CHALLENGE I'VE SEEN HOW LITTLE MEAT I ACTUALLY EAT BEFORE IT GOES BAD. I'M PRETTY SHOCKED BY THIS SINCE I DIDN'T THINK I PURCHASED THAT MUCH MEAT IN GENERAL, BUT NOW I THINK I CAN CUT DOWN MY MEAT CONSUMPTION/PURCHASING BY AT LEAST HALF! ”

