

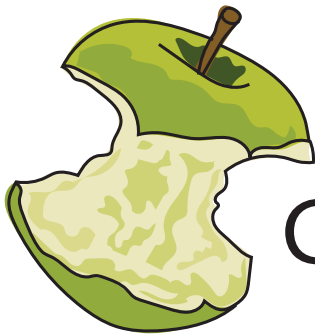


## Food Waste Reduction Tips: **Before You Shop**

- Scan your fridge and your main food-storage shelves so you are more aware of what you already have at home.
- Plan a couple of meals to use up perishable foods you have on hand.
- Make a shopping list. (Also saves time and money and supports healthier choices!)

For more savvy shopping tips, visit:

[SaveTheFood.com/tips/shopping-guidelines](http://SaveTheFood.com/tips/shopping-guidelines)



# Give all food a future

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