

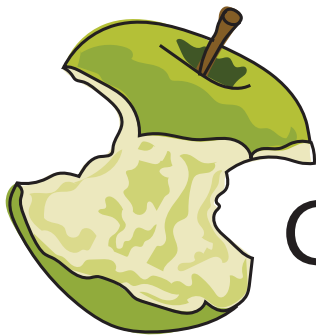


## Food Waste Reduction Tips: Plan Meals

- Put a couple of your "top ten" meals into the plan first—those tried and true meals your turn to regularly.
- Include one unplanned day at least every week or two because periodically you will need to just eat up what's around or you will eat out.
- Plan a cook-once-eat-twice dish (soup, casserole, meatloaf) to enjoy again on a busy night later in the week or to freeze for another week.

For more great meal planning ideas, visit:

[SaveTheFood.com/tips/10-easy-tips-for-meal-planning](https://www.savethefood.com/tips/10-easy-tips-for-meal-planning)



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