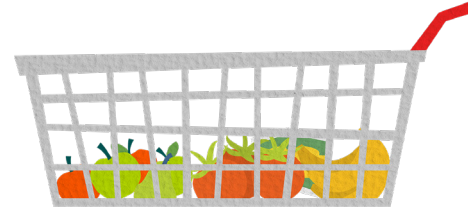
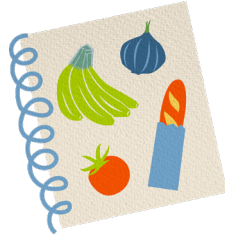


Shop smart guide: Save and reduce waste

Use this handy guide
to plan before you buy,
waste less, and use more.



1. Do a quick check before heading to the store.

- Look through your pantry, freezer, and refrigerator.
- What can you make with the food you already have?
- Search the web to find delicious recipes by ingredient.
- Consider flexible recipes like grain bowls, salads, and soups.

2. What's on this week's menu?

- Determine what you and your family want to eat for the week.
- The same ingredients can be mixed and matched to keep things fresh. Once the menu is set, create your shopping list using our Meal Planning Guide.
- Anticipate leftovers from meals and ingredients. Plan to eat them the week of or freeze them for a later date.
- Save recipes and meal plans for the things you like, so you can re-visit them in the future.

3. Plan your shopping trip.

- Want to save? Crowdfsource. Ask friends and family where they get the best grocery deals.
- Look for people in your life to share items you might not use – like that half bunch of cilantro.
- Check produce seasonality. Locally grown foods can last longer when stored properly.
- Eat before you go to prevent impulse buys.
- Don't forget your reusable shopping bags and containers (if you buy in bulk).

4. Grab a cart.

- Shop at the salad bar for smaller amounts of produce. It's a great way to reduce food waste.
- Bulk bins allow you to buy as much (or as little) as you want.
- Know how much you need. Write down ingredient amounts as you build your menu to prevent overbuying.
- Look for deals, but don't be duped. Check the fine print: 2-for-1 deals can often be applied to just one item. If you throw one away, you didn't save any money.

To request an ADA accommodation, contact Ecology by phone at 360-407-6900 or email at FoodCenter@ecy.wa.gov, or visit <https://ecology.wa.gov/accessibility>. For Relay Service or TTY call 711 or 877-833-6341.



Sources:

<https://www.everydayhealth.com/diet-nutrition/meal-planning/>
<https://www.tasteofhome.com/collection/meal-planning/>
<https://www.myplate.gov/eat-healthy/healthy-eating-budget/make-plan>