Your Food-Saving Challenge

Save money and waste less.

Keep food fresh by putting these simple habits into action.

1. Shop Your Kitchen First

Before you shop, check what you already have and plan around it.

☐ I did it!

2. Eat Older Foods First

Keep older food front and center so it gets eaten first.

☐ I did it!

3. Freeze It Before You Lose It

Not going to use food in time? Freeze it for later.

☐ I did it!

4. Plan a Leftover Night

Set aside one night to finish up this week's leftovers.

☐ I did it!

What felt easy to keep doing?

Stick with what works to waste less and save more.

Get More From Your Food. Use Food Well.

See how at: UseFoodWell.org

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Visit Ecology.wa.gov/ADA for more accessibility information.

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Use Food Well

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