**Decreasing Food Waste at Home**

**Decreasing food waste #1:**  
[**We looked at some hints to decrease our personal food waste.**](https://firstunitarianottawa.us2.list-manage.com/track/click?u=33024cd504d94c8cc2ee991dc&id=6370a0cb04&e=6a32ae9e15) Most useful is to **plan your meals**before you shop. When you shop, stick to the list. Don't overbuy, particularly produce, even if it is a good deal.

**Decreasing food waste #2:**  
Storage of food is important. Don't assume the fridge is best. When using your fridge, don't overcrowd. If you can't see what's there, food gets forgotten and spoils. And restricted air flow can cause warm spots where food is not properly chilled. Got questions? [**Check this guide.**](https://lovefoodhatewaste.ca/a-z/)  
  
**Decreasing food waste #3:**  
**Portion sizes are important**. Be careful to cook just what you need for the number eating. Don't over-serve. If you overestimate, use the remaining food in casseroles, soups or other dishes. For help in gauging portion size, [**try this planner.**](https://www.lovefoodhatewaste.com/portion-planner)

**Decreasing food waste #4 - Final Week!**  
Composting food scraps is preferable to throwing them in the garbage. Better: Collect and freeze those peelings, stems and leaves until you have enough to make soup stock. After bottling the stock, blend the remaining pulp until smooth for use as liquid fertilizer on your garden. [**Further hints HERE!**](https://lovefoodhatewaste.ca/get-inspired/tips/)