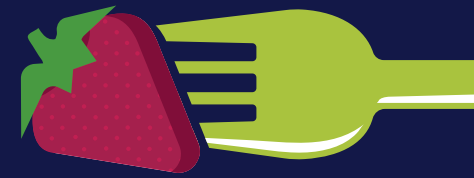


# SMART PREP TIPS



## **PREP NOW, EAT LATER**

Prepare perishable foods soon after shopping. Making meals and preparing produce in advance will save time during the week. Having ready-made meals reduces time and effort during busy weekdays, reducing use of convenient foods which often cost more and produce more waste.

## **PREP IT AND FREEZE IT**

Befriend your freezer and visit it often. Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time. When you cook a meal that freezes well, make more of it and freeze it in meal-size portions. Make sure to label and date your containers.

## **PREP IT AND STORE IT RIGHT FROM THE STORE**

When you get home from the store, take the time to wash, dry, chop, dice, slice, and portion your fresh food items in clear storage containers for snacks, lunches, and easy meal prep during the week.

**Some produce needs special handling. Check the produce storage guide to learn more.**



**SAINT PAUL**  
PUBLIC WORKS

Food: Too Good to Waste • [stpaul.gov/foodwaste](http://stpaul.gov/foodwaste)