

QUICK REFRIGERATOR PICKLED BEANS

Make pickled green beans for a snack or
add to tomato juice for a special treat.



Plan, Eat, Save: Food too Good to Waste

The average household of four could save \$1,500 per year by reducing their food waste.

Follow these tips to help save the food!



Smart Shopping: Shop your fridge and cupboards before heading to the grocery store. Then, plan meals that use leftovers and food you already have.



Smart Storage: The way you store food impacts how long it lasts, especially produce. Learn the best way to store foods by visiting our website.



Smart Prep: Prepare perishable foods as soon as possible after shopping, you'll make it easier to serve snacks and meals later in the week. Visit our website to see a video on food prep tips from Saint Paul College expert chefs.



Smart Saving: Be mindful of leftovers and old ingredients that need to be used up. Label food "Eat First" or create a "leftover shelf" when it is close to expiring as a reminder!



Smart Disposal: What about all that food that isn't edible? Don't trash it—compost it! Whether in your backyard or at a free drop-off site, composting food scraps is a great way to help reduce waste.

For tools and resources, visit stpaul.gov/foodwaste