

Have you ever bought food with good intentions and ended up throwing it away? Reducing food waste is good for your wallet and the environment! Small changes at the grocery store and at home can help reduce your food waste.

### Plan Ahead

Going to the grocery store with a plan of what you need to buy (and sticking to your list) is one of the best ways to reduce waste. You're most likely to use the food you buy when you have a plan for how to use it.

### Buy What You Need

Buying food in bulk only saves money if you can use it all. Take advantage of sales, but be mindful of what you can use. Can't pass up a deal? Share with a friend or family member or donate to a local food organization.



### Love Your Leftovers!

Find yourself tossing leftovers? Try reinventing them to keep them out of the compost.

- Leftover chili? Serve it over a baked sweet potato topped with plain yogurt. The day after that, make a salad with lettuce, tomato, cheese and avocado. Top with chili.
- Leftover fishcakes? Make a burger with a whole wheat bun, lettuce and tomato. Or have them for breakfast with a poached egg on top.
- Random leftovers? Make a cold pasta salad with leftover vegetables and canned beans or tuna. Toss in your favourite salad dressing.

## Food Spotlight

### Stir-Fry

Stir-fry is a quick and easy meal that you can make using odds and ends in your refrigerator.

- Chop up the last of your vegetables and toss them in a pan.
- Add leftover protein such as tofu, chicken or pork.
- Make your own sauce with ingredients you already have such as oil, vinegar, ginger, garlic, citrus zest and spices. Our favourite flavour combination is sesame oil, rice vinegar, Chinese Five Spice and orange zest.
- Mix and match your grains. Stir-fry doesn't have to always be served with rice. Try quinoa, barley or rice noodles.



## Chickpea & Vegetable Stir-Fry

Serves 4

### Ingredients:

2 tbsp	Lime Juice
4 tsp	Soy sauce, sodium reduced
2 tbsp	Water
1 tbsp	Honey
1 tbsp	Ginger, minced
2 cloves	Garlic, minced
½ tsp	Asian hot sauce (optional)
2 tbsp	Canola oil
2 cups	Broccoli florets
1 cup	Cauliflower florets
1 cup	Carrots, sliced
1 can	Chickpeas, drained
¼ cup	Basil, fresh, torn

### Directions:

1. Whisk together lime juice, soy sauce, water, honey, ginger, garlic and hot sauce.
2. Heat oil in a large skillet over high heat. Sauté broccoli, cauliflower, carrots and chickpeas for 4-5 minutes. Add sauce and bring to a boil. Remove from heat.
3. Stir in basil. Serve immediately.

**Tip:** Use any vegetables you have, such as celery, onions, mushrooms or peppers.

Source: Sobeys

### Nutrition Information per Serving:

Calories	232
Fat	9 grams
Carbohydrate	33 grams
Fibre	7 grams
Protein	9 grams
Sodium	189 milligrams

## Did you know?

Put wilting leafy greens in ice cold water to crisp them up.

## In Your Kitchen

Storing food properly helps reduce food waste by keeping it fresher longer.

- Eat leftovers within 3-4 days. If you can't, freeze them or give to a friend to enjoy.
- Store most vegetables and fruit in your fridge. Tomatoes, basil, garlic, onions, potatoes and winter squash are best stored on your counter or in a cool, dark place.
- Fresh herbs like cilantro and parsley last longer in a cup of water, just like fresh-cut flowers.
- If you have over-ripe bananas or avocados, peel and freeze them to use in smoothies or baking.
- Keep an eye on best before dates of fresh meat and seafood. Freeze if you don't think you'll cook them before that date.



## Ask a Sobeys Dietitian

**Q: I like to use frozen or canned vegetables and fruit to reduce my food waste. Are they nutritious?**

**A:** Yes, frozen and canned vegetables and fruit are nutritious! Some of the canned options do have sodium and sugar added. Use the Nutrition Facts table to choose products with lower amounts of these nutrients. Drain and rinse canned varieties to reduce sodium and sugar even more. Most frozen vegetables and fruit don't have any sodium or sugar added.



## Hungry for more?

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