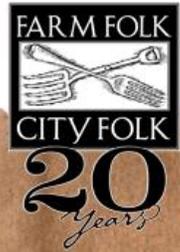


Reduce your

Foodprint

Help the planet, save money, and have fun doing it.



Foodprint For One

More of us are choosing to live on our own than ever before. With a few changes to how you shop, cook, and store your food, one person can have zero food waste.

Buying Groceries

Living on your own gives you the opportunity to change your mind at the spur of the moment. Building flexibility into your food purchases will go a long way to reducing how much food goes to waste. Consider buying foods based on when you intend to use them.

- A. Perishable foods that will be eaten in 3-5 days or can be prepared and frozen to eat later.
- B. Fresh foods with a longer storage times; potatoes, onions, carrots.
- C. Dry goods, foods that can be stored in the cupboard.
- D. Frozen prepared foods or easy to freeze foods, that can go directly in to the freezer with little or no preparation.

A simple game plan is all that's needed. During periods when cooking is less convenient select fewer foods from Category A. If you're going to be away for an extended period, choose foods from categories C and D only. Take a look at storage tips listed in [Make it Last](#) or the storage times in the [Eat in Time Chart](#) to help make your decisions.

Preparing Ahead

Even with the best of intentions, preparing meals regularly can be a tall order when it's solely up to you. Make it easy for yourself. Wash tender greens like lettuce, spinach, and kale ahead of time. Spinners that use a bowl to capture the water are useful for washing and then storing salad greens in the fridge. Just make sure that the water in the bowl isn't touching the greens in the basket. Now you are salad ready!

Stagger Cooking And Eating

Heat an already prepared meal to eat tonight, while cooking another to have later that week. This way you can use your time to cook, without the rush of a have-to-eat-now finish line. Soups, stews, casseroles, curries, and pasta dishes can all be cooked, divided into serving sizes, and refrigerated or frozen for later. Refrigerated frittatas make wonderful lunch or dinner items for the next day. Thawing frozen meals can be done in a microwave or in a double boiler. To start the thawing process remove the food from the freezer and place in the refrigerator in the morning.

Ovens

Ovens are like having a genie in your kitchen; they cook while you do something else. A roasted chicken, or a casserole can take between 30-45 minutes to cook, just enough time to shower and freshen up a bit. Remember to set a timer so you have time to dry off and dress before taking your meal out of the oven.

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