



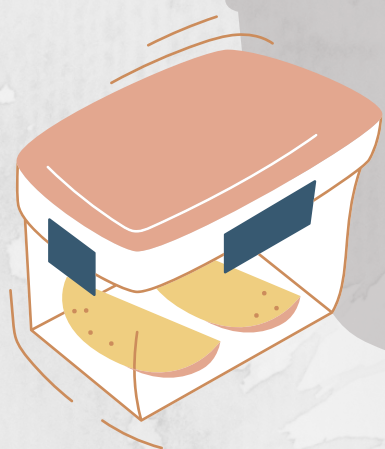
**About 22% of solid waste in New Jersey consists of food waste, some of which was still edible at the time of disposal.**

**By decreasing the quantity of food waste we produce, we can get the most out of our food, save money and reduce the amount of food sent to landfills.**

Here are some ways to reduce food waste at home.

### **Check what foods you already have before shopping.**

Foods that are already in your pantry or fridge are more likely to be used when accounted for and may inspire a recipe.



### **Enjoy planned left-over nights to clean out your refrigerator.**

Make it a tradition! There are many creative ways to use left-over foods.

### **Purchase only what you plan to eat - avoid bulk buying unless you will eat it.**

Even if it seems like a good deal, it's not if it goes to waste!



### **Store foods in ways that will keep them fresh longer.**



Some foods like fresh herbs and produce will go bad much sooner if not stored properly.

**For more tips and tricks go to**  
[nj.gov/dep/dshw/food-waste/residential.html](https://nj.gov/dep/dshw/food-waste/residential.html)

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