

# Food Waste Prevention

## SAVE MONEY WHILE REDUCING FOOD WASTE

- **Shop from your shelves** - make a grocery list before shopping and stick to the list in the store
- **Understand labels** - 'use by' and 'best before' dates are indicators of peak freshness, not food safety
- **Prioritize perishables** - plan meals around food that needs to be eaten first
- **Get creative** - use leftovers in new meals or preserve them before they spoil
- **Buy and eat imperfect produce** - the taste is the same and keeps it out of the compost



Tompkins County Recycling & Materials Management  
[www.recycletompkins.org](http://www.recycletompkins.org) | 607-273-6632



## FOOD DONATION

**Redirect food to those who can use it**

Friendship Donations Network (FDN), our local food rescue organization, accepts donations of fresh, nutritious food from stores and farms – food that would otherwise be thrown away – and redistributes it to food pantries and other outreach organizations to help our neighbors in need.

- **Stores and farms:** Contact FDN if you know of a store or farm that throws away excess food. It can be donated instead.
- **Individuals:** Donate extra produce from your garden or CSA share to one of FDN's Neighborhood Food Hubs (July–October).



[friendshipdonations.org](http://friendshipdonations.org)

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