

10-MINUTE FRIDGE REALITY CHECK



Food going to waste in your fridge?

Our 10-minute fridge check will help you see how much food is going uneaten and provide tips to reduce wasted food at home!

Fridge Check 1

Date: _____

- 1** Write today's date above. Look in your fridge and remove all items that are spoiled or not edible.

You may also include pantry items or food stored on your kitchen counter.



- 2** Check off the types of food you collected on the list below.

- Vegetables
- Milk
- Eggs & dairy (cheese, yogurt, etc.)
- Meat (chicken, beef, pork) & fish
- Grains (bread, rice, pasta, etc.)
- Leftovers (from home cooking or take-out)
- Other: _____
- Fruit
- Condiments



- 3** Check off reason(s) why food items went to waste.

- Date shown on package passed, e.g. "use by," "sell by" or "best by"
- Bought too much or wrong items
- Didn't like item
- Ingredient partially used, rest spoiled
- Produce—wilted or damaged
- Leftovers—forgot or didn't get around to eating
- Other: _____



- 4** Take each food item out of its packaging and place or scrape into a paper bag. Don't include liquids like soups. Record how full your bag is below.

- Up to ¼ full
- Up to ½ full
- Up to ¾ full
- Almost full or more than full



5 Place the bag with the wasted food in your green cart for composting.



6 Review your answers to question 3 and check them off on the list below . Then read the corresponding tips.

Date shown on package passed

TRY THIS: The “use by,” “sell by” or similar date on food is just a guide for peak freshness. If it smells and looks good, it’s most likely still good to eat (always go by date label on Infant formula and baby food). Visit StillTasty.com for more tips on keeping or composting your food.



Bought too much or wrong items

TRY THIS: Before you shop, plan your meals and use the Shopping List with Meals in Mind. Planning and “shopping” your fridge and cupboards for ingredients will help you buy only what you need and save money too!

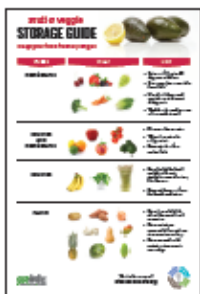


Ingredient(s) partially used, rest spoiled

TRY THIS: Freeze ingredients to use later and get recipes to use up what you have.

Produce – wilted or damaged

TRY THIS: Storing fruits and vegetables properly keeps them fresh and tasty longer. Use the Fruit & Veggie Storage Guide to make your food last longer.



Leftovers – forgot, didn't eat

TRY THIS: Use the Eat This First sign to designate an area in your fridge to store food that's likely to spoil and use these items first!



7 Practice the tips you checked above for 4-6 weeks, starting today!

**Food saving tools at
StopFoodWaste.org**

Fridge Check 2

4-6 weeks later

Date: _____

- 8 After four weeks of using the tips, repeat the fridge check. Look in your fridge and take out all the items that are spoiled or no longer edible, like you did before.

You may also include pantry items or food stored on your kitchen counter.

- 9 Take each food item out of its packaging and place or scrape into a paper bag. Don't include liquids like soups. Record how full your bag is below.

Up to ¼ full

Up to ½ full

Up to ¾ full

Almost full or more than full

- 10 Place the paper bag with wasted food in your green cart for composting.

- 11 Compare the results of Fridge Check #1 & #2. Have you reduced the amount of wasted food in your fridge?

Yes—Congrats! You're well on your way to save not only food from going to waste, but also a lot of money! A family of four can save over \$1,500 per year by cutting down on wasted food.

No—Don't give up just yet! Adopting new habits takes practice. Review the tips and give it another try!

Thank you for doing a Fridge Reality Check!

With a little practice we can all help reduce the amount of food that goes to waste in our homes.

For more tips or to download and print copies of the Fridge Reality Check and food saving tools, visit StopFoodWaste.org.

STOPWASTE
at home • at work • at school

