

Food Waste Feast

Useful Kitchen Tools

The absolute basics: a good knife and cutting board, a skillet, and a large pot, plus spoons and spatulas.

Other helpful items for saving food:

- ☐ Rimmed baking sheets for roasting
- ☐ Cutting tools like mandolines, graters or spiralizers
- ☐ Lots of clear storage containers (glass, ideally)
- ☐ Reusable storage bags for food scraps and frozen food
- ☐ Paint pens or Sharpies + painters tape for labeling your containers with name and date

**Getting
Started
with Food
Waste**

No-Waste Ideas

Helpful Pantry Items

Keep the following items in stock and there's always something to eat! Check out our Hero Recipes to find more info on meals to help clean out the fridge.

- ☐ Eggs for Fridge Cleanout Frittatas or topping any dish
- ☐ Puff Pastry for easy Savory Tarts
- ☐ Pie Crust to make Savory Galettes or Any-Fruit Pies
- ☐ Pizza Dough - because you can put anything on a pizza!
- ☐ Curry Paste and Coconut Milk for Thai-Style curry
- ☐ Dried Pasta to use up any veggies or leftovers
- ☐ Whole Grains and Rice for Grain Bowls and Fried Rice

Other useful kitchen items include:

- ☐ Dried or canned beans, lentils, chickpeas & tomatoes
- ☐ Flavor boosters like lemons, anchovies, olives & capers
- ☐ Aromatics like onions & garlic, and your choice of spices
- ☐ The essentials: extra-virgin olive oil, neutral oil & kosher salt!

-Put an 'Eat Me First' box in the refrigerator

-Put a Smoothie Bag and Stock Bag in the freezer for surplus produce

-Pickle limp or wilted veggies to extend their life and add flavor to meals

-Roast surplus veggies and use them in meals throughout the week

-Turn extra herbs into oils, syrups, ice cubes, and tons of sauces

-Try to shop with a plan, especially for often-tossed items like salad greens. Or buy multi-use greens like spinach or kale that can be eaten raw or cooked.

Let's be friends!

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xo, Mei & Irene

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