



Good Food

CHALLENGE

Weekly Checklist

SIMPLE TIPS

to follow so you don't let good food go to waste.

- ☐ **Shop** your pantry, fridge, freezer and cupboards before you plan or shop
- ☐ **Prepare** your meal plan for the week and involve the family
- ☐ **Plan** one night for leftovers
- ☐ **Create** your grocery list
- ☐ **Shop** with your list and resist impulse purchases
- ☐ **Choose** local (food grown or made close to home stays fresher longer)
- ☐ **Buy** only what you need (avoid bulk purchases)
- ☐ **Store** your foods properly and freeze anything that you need to keep longer
- ☐ **Organize** shelves when unpacking groceries to move older items up front
- ☐ **Make** your meals using the most perishable ingredients first
- ☐ **Serve** smaller portions. Go back for seconds vs plating too much
- ☐ **Use** any extras to make something else (e.g. omelette, casserole)
- ☐ **Compost** fruit and veggie peels/scraps to put nutrients back into the earth

For detailed tips, tools and resources
visit york.ca/goodfood

#YRgoodfoodchallenge

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