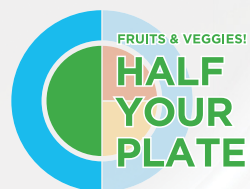


How to **WASTE LESS** Fruits & Veggies



Revive Your Veggies

- Wilted lettuce, limp carrots & celery: Revive them in a container or cup of cold water



Store properly

- Most fruits and veggies belong in the fridge. But some should be stored on the countertop or in a cool, dark, and dry place
- Check out our Half Your Plate produce storage guide for more information



Freeze Fruit That Are Close To Spoilage

Use in:

- Smoothies
- Muffins and pancakes
- Jams



Shop Smart

Buy fruits and veggies with both:

- Short shelf life e.g., berries, leafy greens, and
- Long shelf life e.g., apples, carrots



Embrace Root-To-Stem Cooking

- Stalks (broccoli and cauliflower): Shred and add to salads
- Tops (beets, carrots, and radishes): Stir-fry with garlic
- Ends (onions, celery, and carrot): Freeze and make a homemade broth



Freeze Veggies That Are Close To Spoilage

Use in:

- Tomato sauces
- Soups
- Veggie fritters



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To find more healthy recipes and easy tips visit HalfYourPlate.ca