

Food Waste: Plan & Save

Planning Means Saving

Each year, the average American family of 4 wastes \$1,500 in uneaten food.

Planning weekly meals and making a grocery list can help reduce food waste and save money.

Follow These Meal Planning Tips to Reduce Food Waste & Save

1. **Keep** a list of meals and their ingredients your household already enjoys. That way, it's easy to choose, shop for and prepare meals.
2. **Plan** your meals for the week before you go shopping.
3. **Shop** smart with a list based on your meal plan and stick to it.
4. **Look** in your refrigerator and cupboards first to avoid buying food you already have. Make a list each week of what needs to be used and plan upcoming meals around it.
5. **Buy** only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.

Go to <https://www.choosemyplate.gov/myplatekitchen> to discover delicious, healthy, budget-friendly recipes everyone will love. Try this recipe below!



Apple Oatmeal

Serves: 4

Serving size: $\frac{3}{4}$ cup

Ingredients:

- 1 $\frac{3}{4}$ cups 100% apple juice
- 1 cup **oats**
- 1 large **apple**, cored and cut into bite-sized chunks
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt (optional)

Instructions:

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.