

Throughout the month, challenge yourself to see how many of these waste-reducing tasks you can accomplish. Once you complete one, cross it off, aiming to get five in a row. Bonus points if you can check off everything in 30 days!

Donate canned goods you won't use to a local food bank

Make a meal plan for the week ahead, starting with items you already have

Reorganize your fridge

Schedule and eat a leftovers meal

Meal prep a dish that uses up something in your fridge

Make a "use it up" lunch

Leave the skin on cucumbers, apples and/or potatoes

Make stock

Check the humidity settings on your produce drawers and organize them properly

Use eggshells as fertilizer

Revive wilted, limp produce by submerging in water

Make a "use it up" breakfast



Use fruit skins or peels to flavor your water

Reorganize your freezer and be sure to label everything

Store nuts in the freezer

Freeze overripe produce for smoothies

Save seeds and either plant or roast them

Re-use coffee grounds for a marinade or fertilizer

Make a "use it up" dinner

Make a grocery list and don't buy more than you can eat

Make sure your fridge temperature is set to 37 to 39 degrees Fahrenheit

Organize your pantry

Cook a recipe using something that's been in your pantry for too long

Make a list of wasted foods for the day