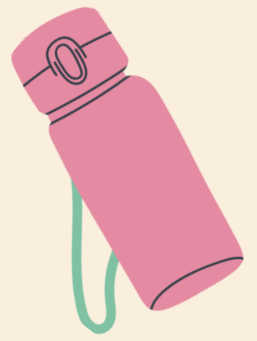




# 5 ZERO WASTE KITCHEN HACKS

Eat well. Feel good. Waste less.



## #1 MAKE THE ECO CHOICE THE EASY CHOICE

*If it's not easy, you're less likely to do it. Set yourself up so the sustainable option is always within reach.*

- **Invest in a reusable water bottle and to-go mug you love** – keep them with you always
- **Store reusable bags everywhere** – car, purse, backpack, and by the front door
- **Invest in a quality water filter** instead of buying plastic bottles – my favorites are Berkey for the counter and MultiPure for under the sink



## #2 MEAL PREP

*A little planning goes a long way. Cooking in batches saves time, money, and food.*

- **Make a shopping list and stick to it** – know what you're going to cook before you buy it
- **Make big batches** of soups and stews and freeze extras for later – try my favorite chicken and rice soup
- **Cook bulk components** like beans, grains, and roasted veggies to mix and match into different meals all week or freeze

## #3 YOUR FREEZER IS YOUR BFF

*Your freezer is your most powerful zero-waste tool and most people aren't harnessing its potential.*

- **Freeze food while it still tastes great**, not after it's already going bad
- **Label everything** with what it is and the date – painter's tape and a Sharpie work perfectly
- **Keep a scrap bag** for vegetable ends, herb stems, and onion skins – when it's full, make stock

# 5 ZERO WASTE KITCHEN HACKS

Eat well. Feel good. Waste less.

## #4 DO IT YOURSELF

Making food at home saves packaging, saves money, and reconnects you with what you're actually eating.

- **Try making things you normally buy** – nut milks, hummus, granola, and sauces are all easier than you think.
- **Know what's in your food** – no mystery additives, stabilizers, or plastic packaging
- **Make it fun** – pick one store-bought item and make it with a friend or partner instead. Turn it into a hangout.



## #5 VOTE WITH YOUR \$\$\$

Every dollar you spend is a vote for the kind of food system you want to live in.

- **Support companies that value sustainability** when you shop – your purchases increase market demand for sustainable products and grow the industry
- **Choose products that use sustainable ingredients**, support regenerative agriculture and offset their carbon footprint
- **Apply beyond food** – choose sustainable companies or shop second hand for home goods, clothing and furniture.

