



Eat. Share. Compost the Rest.

LoveYourFoodNY.org

There are some things in life we can control.



Meal planning is one of them.

Make “What’s for dinner?” an easy question to answer. Plan ahead to create certainty and make your food last longer. That means fewer trips to the store, less time in the aisles, and more money saved.

Here’s How:

- Look for weekly grocery specials online. Include them in your planning to stretch your food dollars further.
- Select favorite dishes that share common ingredients so you can mix and match and waste less food.
- Take stock of your fridge, freezer, spice shelf and pantry items first, then make a list and shop for what you need.
- Prepare your meals and freeze extra portions.

TIP A Little Blanching Goes a Long Way

Want to extend the life of fresh vegetables? Be sure to blanch first, then freeze. It makes all the difference!

Visit our website to learn more.

Helpful Hints:

- Save money and time by buying staple foods in bulk.
- Wash, chop and store ingredients for multiple meals.
- Be flexible. Proteins, grains and vegetables can be easily interchanged to create new dishes.



Planning ahead never tasted so good.

Love Your Food.
It’s ALL good.



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