

Smart Fridge Organization

1

Clean out your fridge and pantry

- Put all spoiled food in the avoidable Bin provided
- Share what you won't use

2

Create “EAT FIRST” Zone using the tool provided

- Pick a spot in your fridge
- Move items that need to be eaten soon to “eat first” zone
- Keep this area at eye level

3

Store it right

Smart storage = longer life

- Door = warmest → condiments only
- Bottom shelf (coldest) = use to store meat & dairy
- Use crisper drawers for fruits/veggies

Make the most of your meal planner
planning ahead saves money and reduces waste

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Ask your family/housemates about their plans to avoid surprises.

2

Choose Your Meals

Plan around what you already have

- Have squash? Make pancakes.
- Leftover veggies? Try a frittata or soup.
- Choose flexible recipes with overlapping ingredients
- Plan a freezer night to use up what's leftovers



Write your plan on your meal planner and stick it on your fridge!

3

Cook Smart & Stretch Ingredients

- Make meals that work for multiple days
- Prep ingredients that can be reused across recipes



“Smarter Shopping Starts with a List”

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Note: Please continue all weekly tips with the new one



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Portion Control

Reduce Waste by Serving Just Enough

It can be tricky to know how much to cook—especially foods like rice, pasta, and oats. But cooking just enough for you and your household is one of the easiest ways to prevent food waste

SERVES	RICE	PASTA	OATS
one person	1/3 cup	100g	1/2 cup
2 people	2/3 cup	200g	1 cup

Why do we often over-serve?

Certain habits can lead to leftover food ending up in the bin, these include a mindset such as

“A full table shows my guests that effort and care have been put in, and it expresses hospitality by offering an abundance of food as a sign of welcome and generosity”.

How to be mindful of portion sizes

➤ Choose smaller bowls and plates to avoid overestimating portions and ensure you serve appropriate amounts.

➤ use portion control calculator :



".....If they're still hungry, they'll ask for more."



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Source :LFHW

Repurpose Leftovers

Use It All — Scraps, Stems & Leftovers

Fruit Scrap Vinegar

Make your own tangy vinegar from fruit scraps!

Ingredients

- 2 cups fruit scraps (apple cores, peels, strawberry tops, etc.)
- 2 tablespoons sugar
- 2 cups water

Instruction

1. Add scraps to a clean jar.
2. Mix sugar in warm water; pour over scraps, leave 2 inches at top.
3. Cover with cloth and rubber band.
4. Stir daily for 2 weeks (cool, dark place).
5. Strain solids, ferment liquid 2–4 more weeks.
6. When tart, seal & store up to 6 months.

Vegetable Scrap Soup Stock

Turn veggie scraps into rich homemade broth!

Ingredients

- 4 cups vegetable or herb scraps.
- 1 tablespoon vinegar, oregano
- Parmesan rind (optional)
- Peppercorns, bay leaf, garlic, onion
- Water to cover scraps

Instructions

1. Add scraps into a pot; cover with water.
2. Add onion, garlic, bay leaf, peppercorns, vinegar, oregano/thyme.
3. Cover with just enough water to cover veggies. Add Parmesan rind if using.
4. Boil then simmer for 45–60 minutes.
5. Cool & strain, Store in fridge or freeze



1. Freeze veggie scraps until you have enough for stock.
2. Boost flavor with mushrooms, miso, nutritional yeast, seaweed, roasted garlic, or soy sauce.

Q For more leftover recipes and tips! X



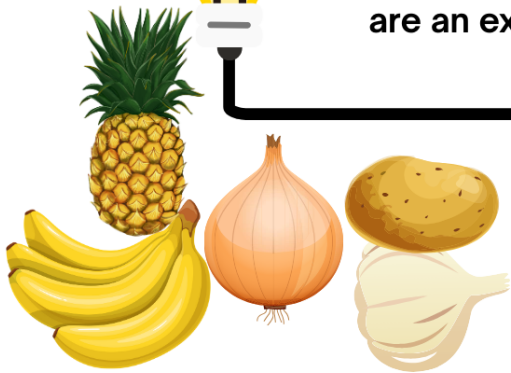
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source: LFHW

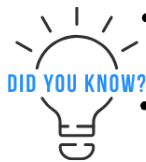
Smart Storage & Tips for Fresh Produce



Most fresh vegetables and fruits will stay fresh longer if they're stored unrinsed.! Leafy greens are an exception



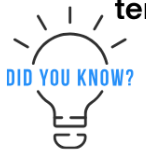
These fruits and vegetables should be stored at room temperature to prolong shelf life.



- Potato peels are loaded with nutrients such as fiber, potassium and vitamin C
- Wrap banana stems to reduce oxygen and ethylene exposure — it helps keep them fresh longer!



Store these fruits and vegetables at room temperature until ripe, then refrigerate.



- Do you want to keep your avocado from browning?
- Add a lemon slice or brush with oil
 - Store cut-side down on chopped onion
 - Leave the pit in to slow browning

Vegetables and fruits that should be refrigerated



- Save vegetable trimmings and scraps in a freezer-safe bag Freeze them until you've collected enough to make a vegetable stock.
- You can also store roasted peppers in olive oil in an airtight container in the fridge.

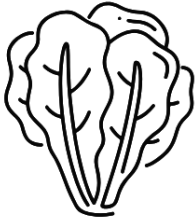
<https://lovefoodhatewaste.ca/a-z/>



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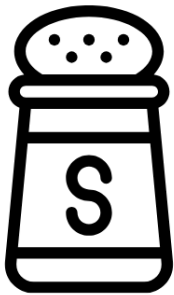
Reviving food:

Quick Fixes to Reduce Waste



Wilting Vegetables

Soak wilted greens or veggies such as lettuce, Swiss chard, spinach, kale, or herbs in a bowl of ice water for 5 to 10 minutes to bring them back to life.



Too Salty

- Add vinegar, lemon juice, or brown sugar to balance the salt.
- Dilute with water, crushed tomatoes, or unsalted broth.
- You can also drop in a peeled potato to absorb excess salt—remove before serving.

Examples of foods that may be too salty include: soups, stews, sauces, or pasta dishes.



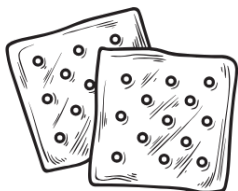
Burned

Transfer the unburned portion to a clean pot and cover it with a damp cloth for 10 minutes to mellow the burnt flavor.



Overcooked

Transform mushy or overdone dishes into soups, sauces, or stews—you'll give them a delicious second life!



Stale

Revive stale chips, or crackers in a 250°F oven for 20–30 minutes. Stale bread? Make croutons or breadcrumbs and freeze them for later!



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