



About 22% of solid waste in New Jersey consists of food waste, some of which was still edible at the time of disposal.

By decreasing the quantity of food waste we produce, we can get the most out of our food, save money and reduce the amount of food sent to landfills.

Here are some ways to reduce food waste at home.

Check what foods you already have before shopping.

Foods that are already in your pantry or fridge are more likely to be used when accounted for and may inspire a recipe.



Enjoy planned left-over nights to clean out your refrigerator.

Make it a tradition! There are many creative ways to use left-over foods.

Purchase only what you plan to eat - avoid bulk buying unless you will eat it.

Even if it seems like a good deal, it's not if it goes to waste!



Store foods in ways that will keep them fresh longer.



Some foods like fresh herbs and produce will go bad much sooner if not stored properly.

For more tips and tricks go to
nj.gov/dep/dshw/food-waste/residential.html

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