Fridge Check 2: Four weeks later

Date of Fridge Check #2:_____

8 **After four weeks of using the tips, repeat the fridge check. Look in your fridge and take out all the items that are spoiled or no longer edible, like you did before.**

You may also include pantry items or food stored on your kitchen counter.

9 **Take each food item out of its packaging and place or scrape into the second "Bag to Earth" bag in your kit.**

Record the amount below. Don't include liquids like soup. Reuse or recycle containers if possible.

☐ Up to ¼ full
☐ Up to ½ full
☐ Up to ¾ full
☐ Almost full or more than full

10 **Place the bag with the wasted food into your home's cart or bin for organics.**

11 **Compare the results of Fridge Check #2 above and Fridge Check #1 on page 2. Have you reduced the amount of wasted food?**

☐ **Yes - Congrats!** You're well on your way to save not only food from going to waste, but also a lot of money! A family of four can save over $1,600 per year by cutting down on wasted food.

☐ **No - Don't give up just yet!** Adopting new habits takes practice. Review the tips and give it another try!

Thank you for doing a Fridge Reality Check! With a little practice we can all help reduce the amount of food that goes to waste in our homes.

For more tips or to download and print additional copies of the Fridge Reality Check, visit www.stopwaste.org/food-too-good-to-waste.

food TOO GOOD TO WASTE

STOPWASTE at home • at work • at school

10-MINUTE FRIDGE REALITY CHECK



Got wasted food in your fridge?

Our 10-minute fridge clean-out will tell you how much food is going uneaten in your home and give you easy tips to cut down on wasted food!

food TOO GOOD TO WASTE

STOPWASTE at home • at work • at school

Fridge Check 1

Date of Fridge Check #1:_____



1 Note today's date above. Then look in your refrigerator and take out all the items that are spoiled or no longer edible.

You may also include pantry items or food stored on your kitchen counter.



2 Check off the types of food you collected on the list below.

- ☐ Vegetables
- ☐ Fruit
- ☐ Milk
- ☐ Condiments
- ☐ Eggs & dairy (cheese, yogurt, kefir, etc.)
- ☐ Meat (chicken, beef, pork) & fish
- ☐ Grains (bread, rice, pasta, etc.)
- ☐ Leftovers (from home cooking or take-out)
- ☐ Other: _____



3 Go through your items and check off any reason(s) why they went to waste on the list below.

- ☐ Date shown on package passed, e.g. "use by," "sell by" or "best by"
- ☐ Bought too much or wrong items
- ☐ Ingredient partially used, rest spoiled
- ☐ Leftovers – forgot or didn't get around to eating
- ☐ Produce – wilted or otherwise lost quality
- ☐ Didn't like item
- ☐ Other: _____



4 Take each food item out of its packaging and place or scrape into one of the "Bag to Earth" bag in your kit. Save the second bag for Fridge Check #2.

Record the amount below. Don't include liquids like soup. Reuse or recycle containers if possible.

- ☐ Up to ¼ full
- ☐ Up to ½ full
- ☐ Up to ¾ full
- ☐ Almost full or more than full



5 Place the bag with the wasted food in your home's cart or bin for food scraps (organics).

6 Review your answers to question 3 and check them off on the list below ☑. Then read the corresponding tips.



☐ *Date shown on package passed*

TRY THIS: With the exception of infant formula and baby food, the "use by" or similar date on food products is just a guide for peak freshness. If it smells and looks good, it's most likely still good to eat. To learn whether you should keep or compost a specific item, visit *StillTasty.com*.



☐ *Bought too much or wrong items*

TRY THIS: Before you shop, make a list with meals in mind, using the Shopping List with Meals in Mind included in this packet. Planning meals and "shopping" your fridge and cupboards for ingredients you already have helps buy only what you need and save money too!

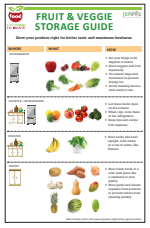
☐ *Ingredient partially used, rest spoiled*

☐ *Leftovers – forgot or didn't get around to eating*



TRY THIS: Designate a visible area in your fridge to store food that's likely to spoil, marking it with the "Eat Me First" sign included in this packet. Before you shop or reach for other foods, use these items first! Find recipes that make the most of leftovers at BayAreaRecycling.org.

☐ *Produce – wilted or otherwise lost quality*



TRY THIS: Storing fruits and vegetables properly keeps them fresh and tasty longer. Check the Fruit & Veggie Storage Guide included in this toolkit for best practices!

7 Practice the tips you checked above for four weeks, starting today!

(Continue on back)