



# Easy Steps to Prevent Food Waste

Your senior is likely on a budget, plus it's important for the environment to keep food waste out of landfills where it produces a powerful greenhouse gas. The money you save can be used for [in-home care services](#). **Use these tips to preserve your senior's budget while saving the environment.**

## 1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

## 2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

## 3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

## 4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.