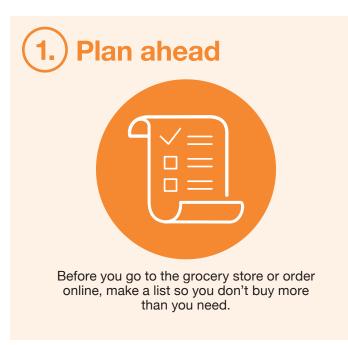
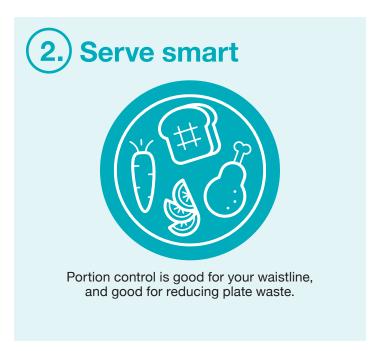
## **Easy Steps to Prevent Food Waste**

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.









Seaside Senior Services 2455 Otay Center Drive, Suite 110C San Diego, California 92154 (619) 829-1788