MEAL PREP

Land Phil's Tips to Waste Less Food

Planning

Planning ahead helps reduce food waste and keeps it out of Land Phil.



Plan meals with a food calculator based on servings.

Leftovers

Leftovers are still good food–just saved for later!

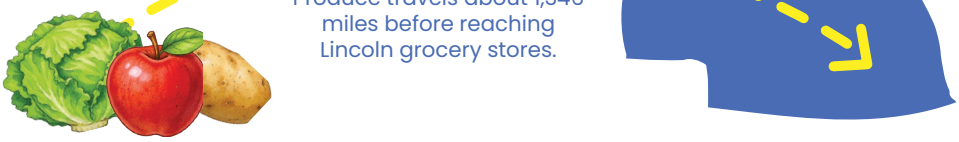
- Refrigerate leftovers promptly and enjoy within a few days.
- If not eaten within a few days, freeze before spoiling.

Food Date Labels

Food doesn't go bad once the date on the label has passed. The label indicates peak quality, not food safety.* Use your senses–look, smell, and taste to avoid food waste and save money.

**Except infant formula.*

Support Our Local Food Economy



Produce travels about 1,346 miles before reaching Lincoln grocery stores.

Lincoln and Lancaster County have a strong local food economy–but it needs your support. Spending $5 a week on local food could generate $91 million dollars annually for regional farms.

Buy From:



Farmers' markets



Community Supported Agriculture (CSAs) programs



Grocery stores that source locally



Save Food from Land Phil

Still have leftovers despite all of these efforts? Composting helps feed the soil, not Land Phil.

Scan for more information on curbside or drop-off composting.

