



Top tips for avoiding food waste during the holidays*

1. Plan ahead and coordinate with guests

If you have guests contributing dishes to the feast, keep tabs on what everyone's bringing so you can plan accordingly and avoid making too much food — or duplicating a guest's dish. Also, if guests are contributing a food dish, ask them to bring food in reusable dishes rather than disposable ones.

2. Make it a group effort

Have a discussion about food waste and ask guests to take only what they know they will eat, and eat everything on their plates to cut down on wasted food. And make sure everyone knows where the recycling and compost bins are.

3. Start from scratch, when possible

Have you been wanting to try a particular recipe? Now is the time! Around 83 percent of greenhouse gas emissions from food come from its production. The less prepared and packaged food you buy, the lower your environmental impact.

4. Check the cupboards (and your list) before you go shopping

Take stock of what you already have ... there are often boxes of broth and other holiday ingredients hiding in the back. Also, it's always a good idea to double-check your grocery list too. Make sure everything you need is on your list to avoid extra trips to the store.

*Content adapted from the [Grove Collaborative article](#). Check their blog for other sustainability ideas.