

Making the Most of Summer Groceries

Summer brings an abundance of fresh, flavorful food, but sometimes more than we can use in time. Wasting food means wasting money and nutrition, but with a few simple tips, you can keep food fresher longer and stretch your grocery budget.

Storage Tips:

- Freeze extra berries, chopped peppers, or leafy greens
- Place a paper towel in your salad greens to soak up extra moisture

Cook with a Plan:

- Plan your meals in advance to cut down on food waste
- Use leftover produce to make a hearty soup, quick stir-fry, or casserole

Get Creative:

- Use banana peels in a smoothie for added fiber
- Add fruit/vegetable scraps into the compost to feed your garden

