

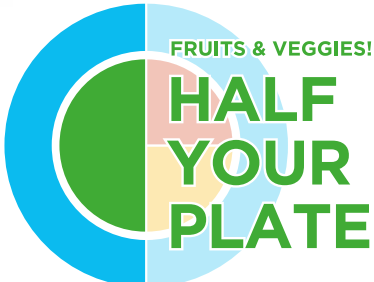


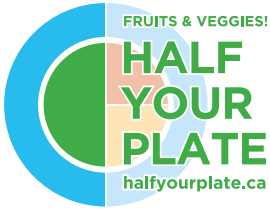
# WASTE LESS

WASTE LESS EVERY DAY TO  
FILL MORE OF #HALFYOURPLATE  
WITH FRUITS AND VEGGIES.



An easy guide to help you fill *Half Your Plate* every day





# WASTE LESS

Fruits and vegetables are one of the top wasted foods in Canadian households. How can we get more fruits and vegetables in our bellies, and less of them in the compost bin? When we become more aware of how to buy, store, and use fruits and vegetables, we can reduce our produce waste in the home.

In this guide, you'll learn how to curb your produce waste, from the grocery store to your home. You'll discover shopping tips, storage tips, and new recipes, such as root-to-stem recipes and zero-waste vegetable stocks. Fill *half your plate* with fruits and veggies, while reducing your food waste along the way.

Don't forget to check out our social media channels for our [#WasteLessWednesday](#) tips.

Sincerely,

Jen Ong Tone, MHSc, RD  
Registered Dietitian, *Half Your Plate*



## IN THIS GUIDE

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MAKE A HEALTHY CHOICE!



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## Apples



**CHOOSE 'EM!**

Pick firm and unblemished apples.

**STORE 'EM!**

Apples like the cold! They'll last up to 30 days in the fridge.

**PREP 'EM!**

Wash or peel. Chop 'em up for easier eating. Toss the soft ones into baking.

**EAT 'EM!**

Whole, grated over a salad, make a sauce... or bake a pie!

IN SEASON ALL YEAR ROUND!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

## Tomato



**CHOOSE 'EM!**

Go for tomatoes that are firm, heavy for their size, richly coloured and not bruised or cracked.

**STORE 'EM!**

Cold kills their flavour so make sure to store tomatoes on the counter!

**PREP 'EM!**

Wash, slice, and eat!

**EAT 'EM!**

They're great on their own, in salads, sauces, baked, broiled, grilled, or atop your favourite sandwich!

IN SEASON JULY-OCTOBER!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

## Blueberries



**CHOOSE 'EM!**

Look for firm, dry, plump berries with a powdery look on the surface.

**STORE 'EM!**

Sort berries and take out any soft ones, store the rest in the fridge and don't wash them until right before eating!

**PREP 'EM!**

Wash and dry!

**EAT 'EM!**

Whole, or add them to smoothies or baking. They also make a great cereal or yogurt topper!

IN SEASON LOCALLY FROM JULY-SEPTEMBER!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

## Iceberg Lettuce



**CHOOSE IT!**

Look for crisp leaves with clear color. Brown and wilted leaves should be avoided!

**STORE IT!**

Store lettuce wrapped in a paper towel in the fridge to draw away extra moisture.

**PREP IT!**

Chop it up, wash it, and dry it!

**EAT IT!**

Iceberg is the perfect topper for sandwiches and burgers but also makes a great wrap or refreshing salad.

IN SEASON JUNE-OCTOBER!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

## Romaine Lettuce



**CHOOSE IT!**

Look for crisp leaves that are green or red. Leaves should be free of spots and discoloration around the edges.

**STORE IT!**

Wrap in paper towel and keep in a perforated bag.

**PREP IT!**

Cut the stem and remove the leaves, then rinse with water and dry well.

**EAT IT!**

Romaine is a salad star! Versatile and crunchy, it is perfect for salads and garnishes.

IN SEASON JUNE-OCTOBER!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

## Potatoes



**CHOOSE 'EM!**

Look for firm, dry potatoes free of blemishes, green tinge, cuts, or sprouted eyes.

**STORE 'EM!**

Store in a cool dark place in their original paper bag. Stored correctly they can last for months!

**PREP 'EM!**

Scrub, peel (if you want) and cook! Keep the skin on for maximum fibre and potassium.

**EAT 'EM!**

Broiled, steamed, fried, baked, boiled, mashed, roasted or sautéed – the possibilities are endless!

IN SEASON ALL YEAR ROUND!



More fresh facts, ideas, and recipes at [halfyourplate.ca](http://halfyourplate.ca)

# Waste Less Blog Posts and Videos



Follow along as *Half Your Plate* Registered Dietitian Jen Ong Tone shares some of her waste reducing tips so that you can enjoy your fruits and veggies longer!



Follow along as *Half Your Plate* Registered Dietitian Jen Ong Tone shows you how to properly store your fruits and veggies so that they last longer, in turn wasting less food!



# PRODUCE STORAGE GUIDE

## Countertop

**Ripen at room temperature, before placing in the fridge.** This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!



AVOCADOS



BANANAS



KIWIS



MANGOES



MELONS



ORANGES



PEARS



PEACHES



TOMATOES

## Pantry

**Store the following in a cool, dry, and dark place.** Keep onions away from other vegetables, as onions release a natural gas called ethylene, which could spoil other produce.



GARLIC



ONIONS



POTATOES



SWEET POTATOES



WINTER SQUASH

## Fridge

**Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.**



APPLES



BERRIES



CHERRIES



GRAPES



LEMONS / LIMES



ASPARAGUS



BEANS



BEETS



BROCCOLI



BRUSSELS SPROUTS

CABBAGE | CARROTS | CAULIFLOWER | CELERY | CORN | CUCUMBERS | EGGPLANT  
HERBS | LEAFY GREENS | MUSHROOMS | PEAS | PEPPERS | ZUCCHINIS

## Freezer

**Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.** Try to prepare the following:



FROZEN PIECES OF FRUITS



FROZEN GRAPES



FROZEN VEGETABLES



FROZEN VEGETABLE SCRAPS FOR BROTH



FROZEN BANANAS FOR BAKED GOODS

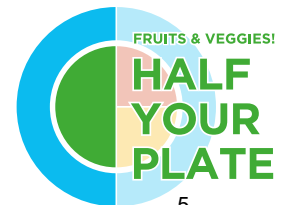


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To find more recipes and easy tips visit [HalfYourPlate.ca](http://HalfYourPlate.ca)



# HOW TO

# STORE YOUR PRODUCE IN THE FRIDGE



## Asparagus

Stand it up in a jar with an inch of water and cover loosely with a plastic bag.



## Mushrooms

Store in a paper bag.



## Packaged Lettuce

Add a paper towel inside to absorb moisture.



## Corn

Store inside husks to prevent the kernels from drying out.



## Tender herbs

(e.g., cilantro, parsley, mint): Stand them up in a jar with an inch of water and cover loosely with a plastic bag.



## Leafy Greens

Wash, dry, and store in a salad spinner or sealed bag/container with a paper towel.

## TIPS TO PROLONG THE SHELF LIFE OF PRODUCE

- 1 Keep your fruits and vegetables separate, as some fruits release ethylene gas, which can spoil vegetables quicker.
- 2 Wash your produce before eating and not before storage. Leafy greens are an exception and store better once washed and dried.
- 3 Some fruits and vegetables should be stored at room temperature. Refer to our Produce Storage Guide for more information.

## WHAT ARE CRISPER DRAWERS?

Crisper drawers are the plastic drawers found at the bottom of the fridge and were designed to store fruits and vegetables. These drawers help to control the amount of humidity produce gets exposed to. When used correctly, crisper drawers can keep your produce fresher for longer.



## Root Vegetables

with tops (e.g., beets, radishes, carrots): Remove the tops and store them separately in sealed bags/containers.



## HIGH HUMIDITY CRISPER DRAWER

Store veggies that are thin-skinned or prone to wilting, such as beans, broccoli, carrots, cauliflower, cucumbers, peppers, and leafy greens.



## LOW HUMIDITY CRISPER DRAWER

Store fruits that release ethylene gas and are prone to rotting, such as apples, ripe avocados, ripe pears, ripe mangoes, and ripe stone fruit.



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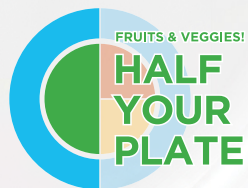


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To find more recipes and easy tips visit [HalfYourPlate.ca](http://HalfYourPlate.ca)



# How to WASTE LESS Fruits & Veggies



## Revive Your Veggies

- Wilted lettuce, limp carrots & celery: Revive them in a container or cup of cold water



## Store properly

- Most fruits and veggies belong in the fridge. But some should be stored on the countertop or in a cool, dark, and dry place
- Check out our Half Your Plate produce storage guide for more information



## Freeze Fruit That Are Close To Spoilage

- Use in:
- Smoothies
  - Muffins and pancakes
  - Jams



## Shop Smart

Buy fruits and veggies with both:

- Short shelf life e.g., berries, leafy greens, and
- Long shelf life e.g., apples, carrots



## Embrace Root-To-Stem Cooking

- Stalks (broccoli and cauliflower): Shred and add to salads
- Tops (beets, carrots, and radishes): Stir-fry with garlic
- Ends (onions, celery, and carrot): Freeze and make a homemade broth



## Freeze Veggies That Are Close To Spoilage

- Use in:
- Tomato sauces
  - Soups
  - Veggie fritters

# SHELF-LIFE GUIDE

## Fruits & Veggies



	1-3 DAYS	5 DAYS	1 WEEK	2 WEEKS+
Fruits	Avocados <i>(ripe)</i> Bananas Cherries Mangoes Melons Pears Pineapple Plums Raspberries Strawberries	Grapes Rhubarb	Apricots Blueberries Kiwis <i>(ripe)</i> Nectarines Papaya <i>(ripe)</i> Passion fruit Peaches Watermelon	Apples Coconut Cranberries Grapefruit Onions Oranges Pomegranates Tangerine
Vegetables	Asparagus Corn Snap peas Snow peas Sprouts Tomatoes <i>(ripe)</i>	Broccoli Brussels sprouts Eggplant Green beans Herbs Mushrooms	Artichokes Cucumbers Kale Lettuce Peppers Potatoes Swiss chard Turnip Zucchini	Beets <i>(no tops)</i> Cabbage Cauliflower Carrots Celery Endives Garlic Ginger Parsnips Pumpkins Radishes <i>(no tops)</i> Rutabagas Squashes Sweet potatoes Yams Zucchini

# 5 QUICK AND EASY WAYS TO PRESERVE YOUR SUMMER PRODUCE



1

## Freeze Your Veggies



**How** Quickly blanch your veggies in boiling water and freeze for future use. Blanching helps veggies retain their flavour, colour, and texture.

**Try it with** beans, bell peppers, carrots, corn, greens, tomatoes, and zucchinis

**Add to** soups, sauces, stir fry, casseroles, or stews  
*Use within 8-12 months*

2

## Freeze Your Fruits



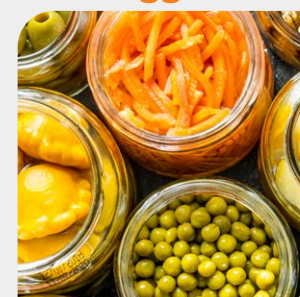
**How** Freeze fruits in a single layer on a baking sheet for 1-2 hours before moving to a freezable bag or container.

**Try it with** blueberries, strawberries, peaches, and rhubarb

**Add to** smoothies, oatmeal, yogurt, pancakes, and muffins  
*Use within 6-8 months*

3

## Quick Pickle Your Veggies



**How** Make a brine: boil 1 cup of vinegar + 1 cup water + 3/4 tsp salt + 1 tbsp sugar. Pour the brine over cut-up veggies in a jar, let cool, and refrigerate.

**Try it with** cucumbers, carrots, cauliflower, red onions, and green beans

**Add to** salads, sandwiches, pizzas, and wraps  
*Use within 1 month*

4

## Make Frozen Herb Cubes



**How** Add chopped herbs to an ice cube tray and top with oil or water. Freeze for 2-3 hours and transfer to a freezer bag.

**Try it with** basil, chives, cilantro, oregano, mint, rosemary, and parsley

**Add to** soups, sauces, stews, and marinades  
*Use within 8-12 months*

5

## Make a Healthy Jam



**How** Heat fruits in a saucepan until they soften. Mash mixture and stir in chia seeds (1 tbsp chia seeds for 1 cup of fruits). Remove from heat and allow to cool. Refrigerate.

**Try it with** blueberries, strawberries, peaches, and nectarines

**Add to** whole grain bread, bagel, and yogurt  
*Use within 1 week*

Download our *Half Your Plate Home Freezing Guide* at

[halfyourplate.net/HomeFreezingGuide](http://halfyourplate.net/HomeFreezingGuide)



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To find more healthy recipes and easy tips visit [HalfYourPlate.ca](http://HalfYourPlate.ca)

# RECIPES



## Beet Top and Chard Casserole

This casserole is a complete vegetarian meal, using beet tops and Swiss chard, great side or as the star of the show!



## Head to Toe Broccoli Soup

Get the most out of your produce by using it all up! This soup is delicious and makes use of all parts of the broccoli.



## Applesauce

Mix a baking apple with an eating apple for great flavour and texture.



## Watermelon Rind Kimchi

A traditional Korean side dish, kimchi has made its way into mainstream menus. This recipe has been tweaked by replacing cabbage with watermelon rind.



## Spinach and Tomato Huevos Rancheros

Fresh vegetable salsa with a hint of heat is a wonderful way to enjoy eggs. Easy to make for breakfast, lunch or dinner.



## Watermelon Rind, Carrot & Pineapple Slaw

Save your watermelon rinds and make this yummy slaw. In addition to being environmentally friendly and economical, the rind is packed with nutrients.

# CHECK OUT MORE RECIPES

MAKE A HEALTHY CHOICE!



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*To find more recipes and easy tips visit [HalfYourPlate.ca](https://HalfYourPlate.ca)*