

Anne Fritzel

I really appreciate the comments on supermarket and prices changes to move food out of the store so it does not get wasted. There is a chain that specializes in moving excess and close to stale date food.

I also think more information on how to manage food at home is really good for people who are starting households and not have got that information at home.

- 1) How to buy and store what you can eat for a week, and have food on hand for when you can't get to the store. Maybe recommendations on how long various foods last and how to store them.
- 2) How to look in the fridge first to see what should be consumed soon. Recommendation on organizing your fridge and food storage.
- 3) How to put food away right after a meal so it doesn't spoil. Or freeze portions for later. "Lunch Roulette" is a fun game in our house, where left overs are packaged into reusable containers and frozen, and sometimes lunch is a surprise!
- 4) How to store and eat left overs.
- 5) How to rotate food in the cupboard and freezer.

Take out meals are another huge source of food-related waste. Encouraging reusable containers would be really good, once we get past the pandemic.