

# Annie Anderson

I have a small magnetized dry erase board and a pen attached to my refrigerator. I use it for meal planning and to remind me what's "hiding" in my refrigerator and freezer. It's a great reminder to use the food rather than letting it sit there until I have to throw it away. I also try to resist buying perishable items that are on sale just because they're on sale. That way I have the amount I'm going to use and no extra that could potentially go to waste.