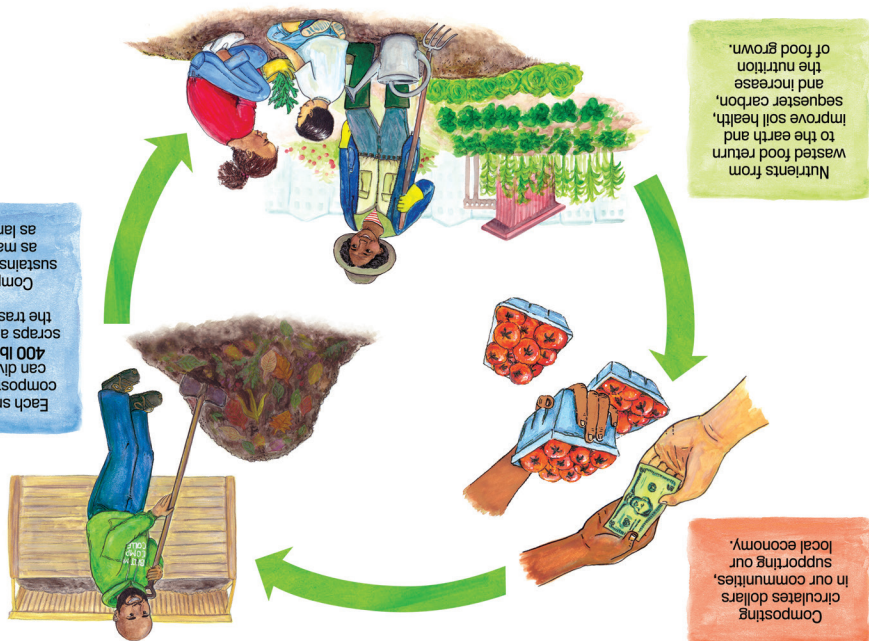


# WHY COMPOST?

FEED THE SOIL THAT FEEDS YOU

Each small scale composting facility can divert up to 400 lbs of food scraps a week from the trash stream. Composting sustains 2-4 times as many jobs as landfilling.



## COMPOSTING CHEAT SHEET

Drop off your compost for free at two local farmers' markets from 8am-12pm:

32nd Street Farmers Market  
(E 32nd Street & Barclay Street in Waverly),  
Saturdays year-round

JFX Farmers' Market and Bazaar  
(E Saratoga St & Holliday St), Sundays from  
first in April to last in December

### YES

fruits  
vegetables  
egg shells  
gourds  
grains & bread  
pasta  
coffee grounds  
tea bags  
(please remove staples and tags)

### NO

dairy  
meat  
oils  
paper products  
produce stickers  
compostable bags & tableware

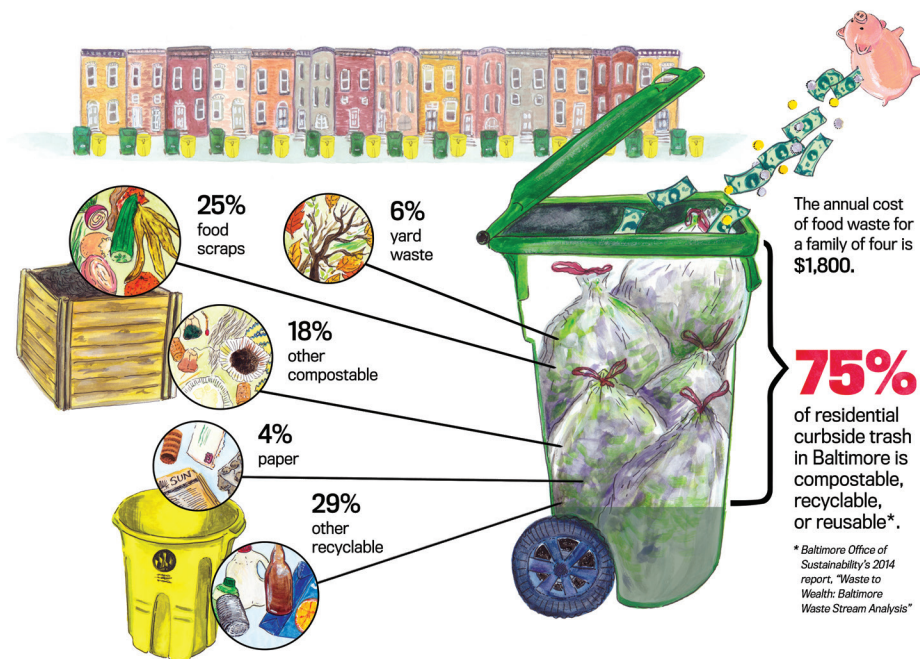
# FOOD MATTERS

## A Guide to Food Waste Reduction

Baltimore Office of Sustainability  
People • Planet • Prosperity



## LANDSCAPE OF WASTE





# TIPS TO REDUCE FOOD WASTE AND SAVE MONEY

## Before shopping

- Plan your meals
- Check your pantry and fridge before making a grocery list
- Shop more often and be intentional about the food you buy
- Support local farmers and markets
- Be aware of “best-by” versus “sell-by” dates. The former is a freshness guideline, while the latter is a food safety recommendation

## “BEST BY”

### Did you know?

Many foods are SAFE to eat even after their “best by” date. Always check the quality, consistency, or taste of food before tossing it.



**USDA's food keeper app** is a great resource to help avoid food waste. Download it today!

## While cooking

- Prep parts of your meal separately to use ingredients for other meals
- Start with small portions of food
- Store leftovers in clear containers with dates
- Turn leftovers into new meals

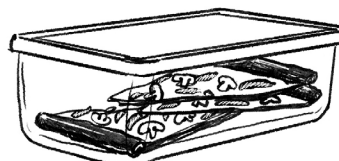


## While eating in

- Use smaller plates
- Put only what you can eat on your plate
- Don't rush for seconds
- Save and actually eat leftovers

## While eating out

- Order only what you can eat
- Swap sides for ones that you will eat
- Don't rush to order more
- Ask for carry-out boxes for leftovers — and make sure you eat them! (Bonus points if you bring your own tupperware for your leftovers)



## In your kitchen

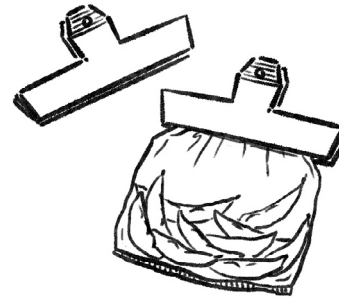
- Keep a kitchen diary to track the food you throw away
- Try preserving, canning, and pickling foods
- Store food properly to extend shelf life

## In the fridge

- Regularly move older things to the front of your fridge
- Keep track of the perishables you have in stock
- Designate an “eat me first” zone to avoid expiration
- Freeze food to extend its lifespan

## In the pantry

- Use older items first
- Keep things where you can see them (in see-thru containers)
- Invest in bag clips and air-tight containers to prolong food life



## Remember:

Together, we can shift to a cleaner “reduce, reuse, recycle” way of life.

The best way to prevent waste is by buying less, reusing what you have, and then recycling and composting.

**Let's turn our waste into wealth!**



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