

“You’re throwing away \$1,600 every year!”

That’s right – \$1,600 – you read that correctly. You might be asking “How?” We all know food costs money, and in this case, according the Environmental Protection Agency (EPA), the food you’re throwing away is costing you around \$1600 annually! To put that into perspective you could buy two season passes to Stratton Mountain Ski Resort with the money you’re currently throwing away. That’s crazy!

Let’s talk about saving you money. Here are 3 easy steps to reducing the hurt in your wallet and your food waste:

1. **Follow the Five Ps - Proper Planning Produces Perfect Pantries**-Planning your meals + making a shopping list + sticking to it = PROFIT! The perfect equation to save money and not overload your pantry.
2. **Shop your Kitchen**-Check your cupboards, fridge, and pantry for items on your shopping list before venturing out to the store. Many times, we forget what we already have and double buy. This eventually leads to food waste, and wasted money.
3. **“Eat Me First!” Boxes**-Designate a shelf or crisper in your fridge to the oldest food. Slap a big sign saying “Eat Me First!” to urgently remind yourself that the food is close to expiration. Most importantly, eat it before it goes bad.

Now that you’re following these steps you can go out and hit the slopes with no shame, and the environment will thank you. Did you know that food waste in landfills creates three times the amount of methane, a pungent greenhouse gas, than other waste materials? Waste less – Save money – Stop climate change. No brainer.