

FROM THE EARTH

# 15 ways

*to create an earth-friendly kitchen*

Go green and save big this month with easy ways to use less energy, waste less food, and extend the life of your appliances and cookware.

## 1 KEEP REUSABLE TOTE BAGS IN YOUR CAR

**Why?** You'll have them on hand for last-minute shopping trips. If you have extra single-use plastic bags, they can also be recycled at your local store. Don't forget to put the tote bags back in your car for next time!

## 2

### BUY SUSTAINABLY CAUGHT FISH AND SEAFOOD

**Why?** Choosing sustainable seafood helps protect the oceans from potential damage and a depleted supply. There's no single standard, so look for labels that can be helpful when shopping. Nature's Promise canned tuna and frozen shrimp and salmon are all sustainably sourced.



## 3

### WRITE A MEAL PLAN AND SHOPPING LIST BEFORE YOU GO TO THE STORE

**Why?** A list will keep you from buying more than you need. Try these tips before you shop:

- > **START YOUR MEAL PLAN** with recipes that use up the ingredients you already have.
- > **ACCOUNT FOR LEFTOVERS** by planning them for the next day's lunch or dinner.
- > **KEEP THE LIST IN A VISIBLE SPOT** so you can add items as soon as they run out.



### USE UP VEGGIES

Find recipes for using up your vegetable odds and ends from the week at [savoryonline.com](http://savoryonline.com).

## 5

### KEEP YOUR FREEZER AND PANTRY ORGANIZED

**Why?** Pantry staples won't be forgotten and your freezer will run better. Store new dry goods behind older ones so you use them last. Label frozen foods with the name and date so they're easy to identify. A full freezer will retain the cold better, but try not to pack it too full so air can circulate.



## 4

### SKIP BOTTLES AND CANS BY MAKING YOUR OWN FILTERED WATER AND SELTZER

**Why?** You'll save so much money over time and reduce your use of plastic and aluminum. Opt for a pitcher with a built-in filter and a sparkling water maker with recyclable cartridges.



## 6

### STORE SMART TO KEEP FRUITS AND VEGETABLES FRESH

**Why?** Better storage will keep produce from spoiling before you're ready to eat it. Keep fruits and vegetables in separate crisper drawers, leave in plastic produce bags so they don't dry out, and rinse produce just before you use it.



# 7



## DEEP CLEAN YOUR DISHWASHER, REFRIGERATOR, AND OVEN EVERY FEW MONTHS

**Why?** Keeping the inside of these appliances clean helps them last longer by preventing clogs, mold, and burnt-on food spills. Check your manual for care and cleaning instructions.

# 8

## MAKE A FAMILY HABIT OF RECYCLING AT HOME

**Why?** It reduces pollution and cuts down on waste. Here's how to start:

- > **TASK ALL FAMILY MEMBERS** with reminding each other to recycle instead of throwing away.
- > **CHECK YOUR TOWN'S GUIDELINES** for pickup days, how to sort recyclables, and what can't be recycled.
- > **RINSE ITEMS WELL**—bits of food or stuck-on stains can cause recyclables to be discarded.



# 9

## Try composting kitchen scraps

**Why?** Veggie trimmings, eggshells, and coffee grounds create rich soil for your garden. In your kitchen, keep scraps in an airtight container in the freezer until you're ready to compost. You can find composters for your yard at most garden and home improvement stores.



# 11

## USE AN INSULATED DRINK CONTAINER INSTEAD OF PAPER OR PLASTIC

**Why?** You'll waste less and your drinks will stay cold or hot longer.

Keep an insulated drink container of ice water in the fridge so you have a cold beverage to grab on the go. If you buy your morning coffee, ask them to fill your container instead of a disposable cup.

# 12



## TRY USING GREENER CLEANERS

**Why?** These cleaners contain no artificial fragrances, dyes, or harsh chemicals, yet still get the job done (and smell so refreshing). Don't forget to recycle the bottle!



# 13

## Use airtight, BPA-free containers for food storage

**Why?** Airtight containers can be reused again and again to keep food fresh. Recycle mismatched containers and lids and restock with heavy-duty, BPA-free plastic containers.

# 10

## BE MINDFUL NOT TO LEAVE LIGHTS AND OVENS ON, FAUCETS RUNNING, AND REFRIGERATOR DOORS OPEN

**Why?** You won't waste water, gas, or electricity and your utility bills will be lower. Put younger family members in charge of minding the sink and fridge—a great way to teach them good habits.

# 15



## WAIT TO RUN THE DISHWASHER UNTIL IT'S FULL OR ALMOST FULL

**Why?** This saves water and energy. If the dishwasher is less than half full, wait a bit longer to run it, or hand wash the items you use most frequently.

# 14



## CARE FOR YOUR KNIVES, POTS, AND PANS

**Why?** They'll last longer and perform better. Here's how to care for them:

- > **KITCHEN KNIVES:** Clean carefully with soap and water. Sharpen as soon as they begin to dull (injuries are more likely to happen with a dull knife).
- > **STAINLESS STEEL POTS AND PANS:** Let cool before rinsing so the metal doesn't warp. Soak in warm, soapy water, then gently scrub.
- > **NONSTICK POTS AND PANS:** Hand wash in soapy water with a soft sponge to protect the nonstick coating. When cooking, avoid metal utensils that could scratch the surface.