

# How to Wash and Store Produce: Waste Less and Save Money

Produce is an important part of a healthy diet, but it can also be a major source of waste.

According to the Natural Resources Defense Council (NRDC), Americans waste about 20% of the food they buy, and a significant portion of that waste comes from produce.



## I Bought It, Now What?: How to Wash and Store Produce, Waste Less and Save Money by Amy Cross

★★★★☆ 4.9 out of 5

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There are several reasons why produce goes to waste:

- It's perishable, so it can spoil quickly if not stored properly.
- It's often sold in bulk, which can lead to people buying more than they need.
- It's sometimes difficult to tell when produce is ripe or spoiled.

However, there are several things you can do to reduce produce waste:

- 1. Plan your meals.** One of the best ways to avoid waste is to plan your meals in advance. This will help you buy only the produce you need.
- 2. Buy in season.** Produce that is in season is more likely to be fresh and affordable.
- 3. Buy local.** Buying local produce helps to reduce transportation costs and emissions.
- 4. Choose imperfect produce.** Imperfect produce is often just as good as perfect produce, but it's often sold at a discount.
- 5. Store produce properly.** Proper storage can help to extend the shelf life of produce.

## How to wash produce

Washing produce is an important step in preventing foodborne illness. Here are some tips for washing produce:

- 1. Rinse produce thoroughly under running water.** This will help to remove dirt, bacteria, and pesticides.
- 2. Use a clean scrub brush to remove any stubborn dirt.**
- 3. Dry produce thoroughly with a clean towel.** This will help to prevent the growth of bacteria.

## How to store produce

Proper storage can help to extend the shelf life of produce.

Here are some tips for storing produce:

- **Store produce in a cool, dark place.** This will help to slow down the ripening process.
- **Store produce in a well-ventilated container.** This will help to prevent the growth of mold.
- **Store produce separately from other foods.** This will help to prevent cross-contamination.

## Additional tips for reducing produce waste

In addition to the tips above, there are a few other things you can do to reduce produce waste:

- **Use leftovers.** Leftover fruits and vegetables can be used in a variety of dishes.
- **Compost produce scraps.** Composting produce scraps is a great way to recycle nutrients back into the soil.
- **Donate produce to a local food bank.** If you have extra produce, you can donate it to a local food bank.

By following these tips, you can reduce produce waste, save money, and improve your health.



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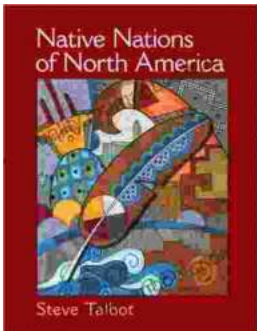
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