



# College Cooking: HOW TO AVOID WASTE and SAVE MONEY

If you have access to the dining hall:  
keep grab- and-go items from the dining hall on hand for snacks throughout the day, such as yogurt, bananas, apples, oranges, and hard boiled eggs



weekly plan	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

If you don't have access to the dining hall:  
purchase only the amount of food you know you can eat, meal planning for the week can help with avoiding waste

To avoid throwing out food, use frozen fruits and vegetables for cooking, and buy meat in bulk (store in individual freezer safe bags to be used for later)



Keep basics stocked: milk or milk substitutes, pasta, rice, canned protein such as tuna, beans, soups, your favorite condiments, and seasonings. Doing inventory on these items every 2-4 weeks will help you to avoid running out, or having too much of them

More questions? Consider booking with one of Acton Medical's Registered dietitians for more in depth, personal advice



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