

SMART PREP: PREP NOW, EAT LATER



Prepare perishable foods soon after shopping. It's easier to whip up meals later in the week, saving time, effort, and money.



Helpful Tips & Smart Strategies:



- Cut kitchen time - when you get home from the store, take the time to wash, dry, chop, dice, slice, and place fresh food items in clear storage containers near the front of the fridge for snacks and easy cooking. Only need half that onion? Dice it immediately and store for the next meal!
- Buy only what you need - use a Meal Planner to prevent waste from overbuying.
- Reference an A-Z Fruit & Vegetable Storage Guide and make sure the food you're prepping now and eating later doesn't say "wash just before eating".
- Prepare and cook perishable items, then freeze for use throughout the month. For example, bake and freeze chicken breasts or blanch and freeze veggies.
- Befriend your freezer and visit it often. Freeze food such as bread, sliced fruits, or meat you won't be able to eat in time. Add these to a Freezer Inventory List and cross off when used up. Double-bag to prevent freezer burn if stored long.
- Safety first. Check a Refrigerator & Freezer Storage Chart for safe storage times.
- Label food with the date you prepped it, and by when you should use it up.
- Add Eat First! signs to a leftovers area of your fridge so food is eaten before spoilage.

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**NO FOOD
LEFT BEHIND**
- CORVALLIS -

(For more food storage info, visit <https://extension.oregonstate.edu/mfp>)

Underscored Smart Strategy links can also be downloaded at <https://NoFoodLeftBehindCorvallis.org>