

## PURCHASING

1. Plan your meals and shop for food just once a week to reduce your carbon footprint. Shop as close to home as possible to limit car emissions (even better - walk to the store to get exercise!).
2. Bring reusable shopping bags to the grocery store and avoid purchasing foods with excessive packaging to avoid plastics in BC landfills.
3. Choose BC grown and produced food to protect BC's industry, economy, and environment. For example, an alternative to avocado toast is to use locally grown peas or asparagus to create a tasty toast spread.

## FOOD PREP

1. Avoid pre-cutting fruits and veggies too far in advance of prepping meals to minimize food spoilage.
2. When washing food, avoid running the tap for too long to minimize water waste.
3. Pre-heat your oven for only the necessary time and cook multiple dishes at once to curb electricity/gas use.

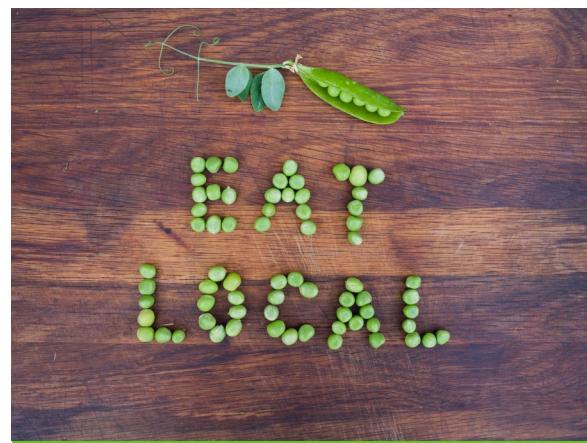
## COOKING

1. Practice 'root-to-stem' or 'nose to tail' cooking using all parts of food to minimize waste. For example, cook a roast chicken for dinner and make chicken soup with the scraps for a hearty lunch the following day.
2. Cook in large batches to minimize energy use. Plus, your friends and family will enjoy the extras!
3. When food is past its prime, look for other uses. For example, overripe fruits and veggies can be made into jams, chutneys, and sauces. Sour dairy products can be used in baked goods. Breads like tortillas and naan can be toasted and made into chips.

## SERVING AND CLEAN UP

1. Serve dishes 'family-style' rather than 'pre-plated'. Family and friends can choose the dishes and proportions they want so food does not go to waste.
2. Continue your sustainability practices when cleaning-up. Look for eco-friendly dish soap and run your dishwasher only when full.
3. Compost any food scraps to protect the planet - use it as fertilizer in your home garden!

**Educate yourselves and others on food security and sustainability. BCAITC and We Heart Local BC have dozens of resources to get you 'ag-ucated'!**



## DO YOUR PART

Cook with a planet-friendly mindset. Be knowledgeable about eco-friendly best practices in relation to:

- Purchasing
- Food Prep
- Cooking
- Serving
- Clean-Up

## #COOKALONGBC

