



# FOOD FIGHT, WHAT IT IS ?



Since 2015, the [Food Fight](#) program, powered by the [Fonds Éco IGA](#) has been offering free conferences to equip citizens across Quebec and New Brunswick in their fight against food waste with simple, practical tips.

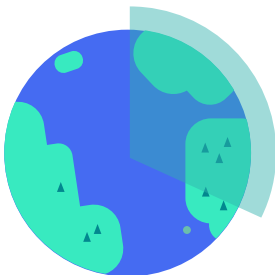
## FOOD WASTE

Every item of food requires use of resources like water, energy, farmland, human labor, and transport.

All these resources are also wasted when food is thrown away. It's also a social and ethical issue, when 8.9% of the world's population suffers from hunger.

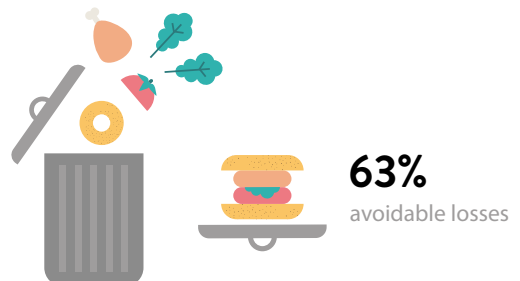
### WORLDWIDE

1/3 of the world's food production is lost or wasted.



### IN THE HOME

63 % of the food thrown away by Canadian households could have been consumed - an avoidable loss! The foods most thrown away at home are fruits and vegetables (45%) and table scraps (13%).

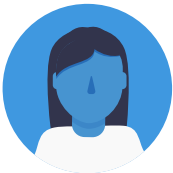




## WHY DO I WASTE ?

We don't always realize how wasteful we are, so take a moment to think about your current practices.

To help you get to know yourself better, here are 4 typical profiles, each with its own habits and reasons for waste.



### Impulsive

I often buy too much, without planning ahead



### Cautious

I always check expiration dates and rarely eat my leftovers.



### Planner

I plan my purchases, but have trouble storing my food.



### Willing

I already have anti-waste habits, but I find it difficult to manage my purchases.

A solution for every profile! Consult and/or print out the tools that will be most useful in helping you adopt your new habits, according to the anti-waste profile(s) you identify with.

Plan your week:  
Use a [Meal planner](#) and [make a grocery list](#)

Become more aware when it comes to food shelf life:  
the [thermoguide](#), [best before](#) and [best after dates](#)

No more forgetting anything in the freezer:  
[Create an Inventory list](#)

Find inspiration in the kitchen:  
[Anti-waste Facebook community](#) and [Food Fight blog](#).

Everyone needs to choose their own **strategy**, based on their own habits. The **challenges** set out in the anti-waste notebook will help you **take action**.







# I PLAN MY MEALS TO SAVE TIME AT THE GROCERY STORE

**Don't forget to leave blank spaces for the unexpected!**

Over-planning can result in just as much waste as under-planning. Ideally, you should plan two to three meals a week to avoid surpluses. [You turn to take action!](#)

## MEALS OF THE WEEK

## Leftover meal

## GROCERY LIST



### Fruits and vegetables

### Protein

### Bakery and dry food

### Dairy product, eggs

### Frozen food, other



## MY GOOD HABITS BACK FROM THE GROCERY STORE

Keep your food longer and avoid the disappointment of seeing your compost full of produce you would have liked to eat.

### STORE IN THE RIGHT PLACE AND AT THE RIGHT TEMPERATURE

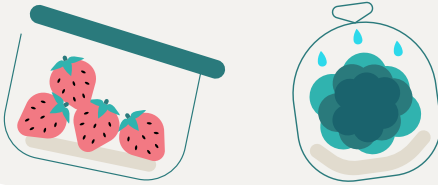
The door is the hottest part of the fridge, so avoid putting milk there as it tends to overheat. Instead, store condiments, jams and beverages such as pasteurized juices, wine and beer.



## Adopt the dry linen trick...

Fruits and vegetables are alive and breathing! Condensation builds up in the packaging and mold forms. To absorb excess moisture, insert a dry cloth in your containers and bags.

This applies to: carrots, mushrooms, radishes, berries, cranberries, grapes and cherries.



## When to use a damp linen...

Fruits and vegetables are largely composed of water, while the fridge is a dry environment. To keep your food crunchy, store it in containers with a damp cloth.

Ideal for: Swiss chard, broccoli, celery, kale, spinach, endives, herbs, lettuces, green onions, rhubarb and arugula.

## Which containers to use?

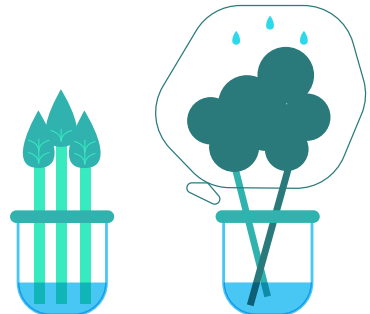
A reused bagel bag, a half-opened plastic container, the original bag of your food - anything goes! But be sure to let your fruits and vegetables breathe when they're whole, by leaving a corner of the dish or bag open, or by making holes in the bag. If you cut them, protect them in hermetically sealed containers and eat them quickly.

## Cut the tops off!

This is where your vegetables breathe, so they won't wilt as quickly without their foliage. Psst, don't throw the leaves away - they're edible and delicious in pan-fried dishes or pesto! Warning: tomato, bell pepper, potato, aubergine and rhubarb leaves are poisonous.

## Feet in the water

Place your asparagus, broccoli, leeks, lettuce with roots and fresh herbs in a container with a base of water to be changed every 2 days. Cover the top of the herbs with a plastic bag to recreate the greenhouse effect and protect them from the cold of the fridge.







## MY STORAGE MEMO OUTSIDE THE FRIDGE

Many foods simply keep better out of the fridge (And just as well because the fridge is often overloaded!)

[Here's how to organize your countertop and pantry.](#)



### PANTRY :

Store in a cool, dry place, away from light and heat.

To prevent oils or nuts from going rancid, garlic from sprouting or spices from losing their flavor, place them away from sources of heat and light.

**Tip :** Keep potatoes away from onions to prevent sprouting.

### COUNTERTOP :

Some vegetables keep very well for a few days at room temperature. What's more, you can display them so you can cook them quickly and avoid forgetting them. When they start to spoil, transfer them to the fridge!





## I KNOW AND SEPARATE MY CLIMACTERIC FRUITS

Fruit is divided into two categories: climacteric fruit, which continues to ripen after being picked, and other fruit. Make sure you keep them separate on your countertop, because as they ripen, climacteric fruit will release a gas called ethylene, which will accelerate the deterioration of your other fruits. Protect your citrus fruits, for example!

Keep climacteric fruit on the counter until fully ripe, then transfer them to the fridge to eat within 3-4 days (and yes, that goes for bananas too!).

**Not ripe enough?** Place them together in a brown paper bag to concentrate the ethylene and speed up the process.



### Examples of climacteric fruit:

- Banana
- Tomato
- Avocado
- Mango
- Apple
- Pear
- Peach
- Plum
- Melon
- Kiwi
- Papaya
- Persimmon
- Fig
- ...



## I SAVE MY LEFTOVERS

No matter what's left in the fridge, there's always a way to turn it into something tasty! When inspiration fails, ask for advice on the [anti-waste Facebook Community](#).



**Vegetables:** jazz them up in a lentil soup, curry, Asian noodle stir-fry or fried rice.



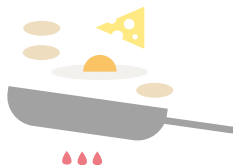
**Root vegetables:** prepare a veggie pâté, vegetable patties and/or legumes for burgers.



**Herbs:** make pesto, yogurt, and herb sauce (tzatziki style), salsa, chimichurri sauce (Argentina parsley sauce), savory herbs, tabbouleh or falafel.



**Fruit:** Turn them into a smoothie, crumble or compote.



**When there's nothing left in the fridge:** crack open some eggs and make a cheese omelette or potato frittata.



**Vegetables, cheese, legumes and/or proteins:** use them to top tacos, chili, couscous or pizzas on naan bread.



## SOURCES

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