



**TOO GOOD  
TO WASTE**

**LEARN MORE**

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**ARTICLES, BLOGS, VIDEOS:**

**Leftovers: Tasty or Trash?** *Wall Street Journal*

<http://online.wsj.com/article/SB10001424052702304724404577293620871384492.html>

**From Farm to Fridge to Garbage Can** *New York Times*

<http://well.blogs.nytimes.com/2010/11/01/from-farm-to-fridge-to-garbage-can>

**A look at the \$175 in your compost** *Grist.org*

<http://grist.org/food/2012-01-16-a-look-at-the-175-in-your-compost/>

**Take the mystery out of dairy shelf life** *The Oregonian*

[http://www.oregonlive.com/foodday/index.ssf/2011/01/take\\_the\\_mystery\\_out\\_of\\_dairy.html](http://www.oregonlive.com/foodday/index.ssf/2011/01/take_the_mystery_out_of_dairy.html)

**Your Scraps Add Up: Reducing Food Waste Can Save Money and Resources** (Fact Sheet)

*Natural Resources Defense Council*

[http://www.nrdc.org/living/eatingwell/files/foodwaste\\_2pgr.pdf](http://www.nrdc.org/living/eatingwell/files/foodwaste_2pgr.pdf)

**Sierra Club: Food Consumption & Its Environmental Impact** (Fact Sheet)

[http://www.sierraclub.org/sustainable\\_consumption/food\\_factsheet.asp](http://www.sierraclub.org/sustainable_consumption/food_factsheet.asp)

**Wasted Food** *Blog from Jonathan Bloom, author of American Wasteland:*

*How America Throws Away Nearly Half of Its Food (and What We Can Do About It)*

<http://www.wastedfood.com>

**Waste Not, Want Not** (Video) *GOOD Magazine*

<http://www.youtube.com/watch?v=SwGHIUAj078>

**How to Waste Less Food, and Save Money, to Boot!** *CBS News*

<http://www.cbsnews.com/stories/2010/11/17/earlyshow/contributors/susankoeppen/main7063037.shtml>

**Refrigerator & Freezer Storage Chart** *FDA*

<http://www.fda.gov/downloads/Food/ResourcesForYou/HealthEducators/ucm109315.pdf>

**Where Food Goes in the Fridge** *Food Republic*

<http://www.foodrepublic.com/2012/07/26/where-food-goes-fridge>

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## OTHER CAMPAIGNS:

### Love Food Hate Waste (WRAP, United Kingdom)

<http://www.lovefoodhatewaste.com> (Tips, Recipe Finder, Serving Size Calculator, etc)

### Make Dinner, Not Waste (Eureka Recycling, Minneapolis-St. Paul, MN)

<http://www.makedirtnotwaste.org/prevent-wasted-food> (Facts and tips)

[http://makedirtnotwaste.org/sites/default/files/a-z\\_food\\_storage\\_guide-web.pdf](http://makedirtnotwaste.org/sites/default/files/a-z_food_storage_guide-web.pdf) (A-Z Food Storage Guide)

<http://www.makedirtnotwaste.org/prevent-wasted-food/meal-planner> (online meal planner)

### Waste Free Lunches

<http://www.wastefreelunches.org/>

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## MOBILE APPS/WEB TOOLS:

### Green Egg Shopper

Features: Shopping list; tracks items purchased, use by/expiration dates and expenses

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 3.1 or later **Cost: \$3.99 (free trial)**

<http://www.greeneggshopper.com/>

### Cozi (also free web-based tool)

Features: Shopping list, meal planner, recipe storage

Compatible with: iPhone, Android, BlackBerry

**Cost: Free**

<http://www.cozi.com/meal-planner.htm>

### Food on the Table (also free web-based tool)

Features: Sales/discounts by store location, recipes, meal planner, shopping list

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 4.0 or later. **Cost: Free**

<http://www.foodonthetable.com/>

### Menu Planner

Features: Recipe storage, meal planner, tracks pantry contents, shopping list

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 4.0 or later. **Cost: \$2.99**

<http://itunes.apple.com/us/app/id304945491?mt=8&ign-mpt=uo%3D4>

### Love Food Hate Waste

Features: portion planner, a recipe 'blender' hints & tips, meal planner

Compatible with: Android, iPhone **Cost: Free**

<http://www.zerowastescotland.org.uk/content/lfhw-mobileapps>

### Still Tasty (also free web-based tool)

Features: Search shelf-life info, alerts when food will expire, shopping list

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 3.1.2 or later **Cost: \$1.99**

<http://www.stilltasty.com/>

### MINI Fridge

Features: Tracks what's in fridge, use by/expiration dates

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 4.0 or later. **Cost: \$0.99**

<http://itunes.apple.com/us/app/mini-fridge/id428876162?mt=8>

### Freezer Organizer Pro

Features: Tracks what's in freezer, use by/expiration dates

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 4.0 or later. **Cost: \$0.99**

<http://itunes.apple.com/us/app/freezer-organizer-pro/id518108878?mt=8>

### Spinning Meals

Features: meal planning, shopping list, recipes

Compatible with: iPhone, iPod touch, and iPad.

Requires iOS 4.0 or later. **Cost: \$2.99**

<http://spinningmeals.com/>

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**FOR MORE INFORMATION AND RESOURCES, VISIT [RECYCLEFOOD.COM](http://RECYCLEFOOD.COM)**



**King County**