

## Meal Planner

### Plan your meals to help prevent wasting food

Why worry about preventing wasted food? Although composting is a great way to deal with inevitable food scraps like banana peels, it is much better to eat the food we can than to compost it. Prevention helps the environment as well as our budgets. After all, it takes a lot of resources to get food from the fields to our homes.

While no one buys food with the intention of throwing it away, based on recent estimates, the average household in Saint Paul **wastes up to \$96** worth of once edible food **every month!**

Eureka Recycling has assembled cooking, shopping, and food storage tips and tools to help. Learn more at [www.MakeDirtNotWaste.org](http://www.MakeDirtNotWaste.org).

This meal planning tool saves time and money by making it easier to buy only what you will have time to prepare and eat, and reduce the amount of food you throw out.

Use the planner on the back to help you schedule your meals and create your grocery list for the week.

#### Some tips for planning:

1. **Before you go shopping**, look at your week and plan accordingly. For instance, if you have commitments that won't let you make dinner for the whole family, plan something that everyone can put together themselves, like burritos that use up leftover veggies, scraps of cheese, and a can of beans. Or decide that you will make that delicious meal on Sunday to eat before the big event on Monday.
2. **Think about portion sizes**. Is everyone going to be home for dinner? Do you want leftovers for lunch? Do you need to make the whole package of spaghetti or can you just make two servings?
3. Think about what you will need to make each meal and do a pantry, fridge, and freezer check to **see what you already have** before making your grocery list.
4. Some foods do well stored longer than others. Plan your meals using the hardier foods later in the week. Shop more than once in a week if you know something will not last until the end of the week. Consult our **Food Storage Tips** at [www.makedirtnotwaste.org](http://www.makedirtnotwaste.org) to see how foods should be stored so they last longer and get wasted less.



**COMPOST**  
*Make dirt, not waste.*

(651) 222-SORT (7678)  
[www.eurekarecycling.org](http://www.eurekarecycling.org)

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# Meal Planner (Week: \_\_\_\_\_)



Meal planning is an effective tool for reducing food waste that will save you time and money. Use this chart to help plan your meals for the week. Decide what you will make and when and fill in the dish(es) for that meal. Then you can make your grocery list from the “ingredients needed” column.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
To Cook							

## Meals To Make

EX. **Stirfry**  
(Dish or Food Item)

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Ingredients on hand	Ingredients needed
pea pods, rice, cumin, ginger	soy sauce, scallions, mushrooms