

Health Bites: Less Food Waste

Video: [Health Bites: Let's Make Pita Pizza](#)

As you prepare and enjoy meals throughout the week, you might find yourself with extra food in the fridge or pantry that needs to be used before it spoils. Keeping track of these foods and finding creative ways to use them may be a way to cut down on food waste.

Tasty ways to use up extra vegetables

- **Chop** them up and toss them into sauces, salads, stir-fries, or as pizza toppings.
- **Grate** carrots or zucchini into muffins for a nutrient boost.
- **Mix** leftover mashed sweet potatoes or yams into biscuits, buns, muffins, or pancakes for extra flavour and moisture.

Fun ways to use extra fruit

- **Top** cereal, yogurt, or salads for a fresh and tasty twist.
- **Blend** into smoothies to add sweetness.
- **Freeze** and save for later – perfect for adding to muffins or smoothies when you need them.

For more information on ways to reduce food waste beyond vegetables and fruits check out: [Reduce Food Waste](#)

Store food safely to keep it fresh longer

Proper storage helps food last longer and taste better. Learn more at [Safe Food Storage - Canada.ca](#).

Did you know? Best before dates aren't the same as expiration dates. Expiration dates indicate when food is no longer safe to eat, while best before dates are about peak freshness. Find out more here [Best before dates - Canada.ca](#).

