

Reduce Reuse Recycle – Kitchen tips

A lot of waste is generated in the kitchen. There are a lot of ways to reduce your waste in this room.

Food waste is a big issue in our country. The first tip for minimizing food waste is to make only as much as you can eat. Leftovers can be eaten for another meal or frozen for later. Vegetable peels and other waste can often be made into vegetable broth and/or composted. Bones can often be boiled for stock to be used in recipes as well. If you don't have a compost, neighbours with chickens or pigs may appreciate the compost or you can drop it off at Eat Pure.

When shopping, choose things with less packaging or packing you can use again. Previous articles have mentioned using plastic and glass jars. Gable topped milk and juice cartons can be used to freeze things instead of plastic bags and plastic bags can often be washed and reused again and again.

Instead of plastic wrap, many people are now using beeswax wraps, fabric style lids or just containers with lids. Plastic lids can be purchased to top mason jars.

Produce in the fridge can be stored in leftover bags, plastic or glass containers or just left in your crisper drawers without wrapping.

There is nothing like making a good cup of tea with a tea ball and then you can just pop the used tea leaves into your compost. There are a number of excellent ways to make coffee this way as well. Coffee is an excellent addition to your compost. If it ends up in the garbage, it will compost at the landfill as well.

Styrofoam trays can be used under plants or recycled at the depot. Egg cartons are often reused by people selling local eggs or raising chickens.

Buying bulk items and putting them in reusable containers which are weighed before filling can reduce the amount of plastic that you generate in your kitchen. Using rags instead of paper towels and finding washable scrubbing materials or compostable scrubbers are better than plastic. Compostable scrubbers are often made of coconut or walnut shells.

Blocks of dish soap instead of liquid dish soap are now available locally. The refill store has refillable dish soap and large containers can also be purchased which reduces waste as well.

One of the main ways to reduce waste in the kitchen is to make food yourself. There are delicious and simple recipes for almost every type of food, from yogurt, bread, condiments such as salad dressings and ketchup. Making your own, buying in glass jars and buying from local vendors at the farmer's market can vastly reduce waste in the kitchen.

Please feel free to email me at Golden@wildsight.ca to give me feedback on this article and share your ideas and questions regarding Reduce, Reuse, Recycle.