

APPENDIX 5: GARBAGE CAN CHECKLIST

**DON'T TOSS ME UNTIL YOU
ANSWER THESE QUESTIONS:**

CAN YOU OR CAN YOU NOT—

- eat me?**
[test “best by” and expiration dates at ShelfLifeAdvice.com]
- freeze me?**
[for freeze-ability advice about any food item, visit StillTasty.com]
- compost me?**
[for neighbor’s garden or your own]
- recycle me?**
[paper, solid plastics, plastic bags, glass, metals, electronics]
- donate me?**
[food banks, Goodwill]
- repair me?**
[fix and give away]
- reuse me?**
[paper towels, plastic bags, peanut butter jars]
- stop buying me?**
[avoid wasted foods, excessive packaging, disposable products]
- buy a smaller version of me?**
[so there’s less of me to toss]
- squash me?**
[less bulk means lower PAYT costs]

List additional savings ideas here:

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