Choose the headline that best suits each gap.

Be creative with leftovers Use your freezer Blend, bake, or boil. Talk it up Plan ahead and buy only what you need

Fight climate change by preventing food waste.
A few simple steps could help reduce the environmental impacts of wasted food.

1. …….. Going to the store without a plan or on an empty stomach can lead to buying more than we need. To keep your kitchen on track, try to eat leftovers, think of meals you might eat out, and avoid unnecessary purchases by planning your grocery list ahead of time.

2. …… While there are plenty of benefits to eating fresh food, frozen foods can be just as nutritious. They also stay edible for much longer. A lot of seafood, for example, is frozen before it reaches your supermarket and then thawed and put on display. That means it will only stay fresh for a few days. By buying frozen seafood, you can extend the shelf life of the product considerably. Cooking and freezing food—especially produce—before it goes bad is a great way to avoid having to toss it.

3. ……. Before you shop, use the food you already have. Websites like Big Oven, Supercook, and MyFridgeFood allow you to search for recipes based on ingredients already in your kitchen. You can also use apps like Epicurious and Allrecipes to make the most of what's in your fridge and pantry.

4. …….. Fruits and vegetables that are beyond ripe may not look pretty, but that doesn't mean they can't still taste delicious in recipes. Try using your wilting, browning, or imperfect produce to make sweet smoothies, bread, jams, sauces, or soup stocks.

5. ……... Preventing food waste is the most effective way to shrink its impact on the planet. If we avoid producing food that we don't eat, we can save the land, water, and energy that would have been used to make it. And awareness is a good first step; according to ReFED, educating consumers about food waste could prevent 7.41 million tons of greenhouse gas emissions.

Source: https://www.worldwildlife.org/stories/fight-climate-change-by-preventing-food-waste

LIVEWORKSHEETS