



KEEP FOOD ALIVE

THE WASTE-FREE KITCHEN

We love squeezing every ounce of nutrition and flavor out of our food and this means using up whole products as best as possible. Here are some tips to help you run a waste-free kitchen:

RECONSIDER THE "UNDESIRABLES"



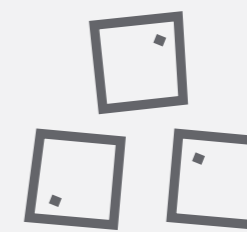
Food scraps like stems, rinds, peels and bones can be reused as the base for soup stocks, pestos, and/or added nutrition for smoothies!

BULK DOESN'T MEAN BUDGET



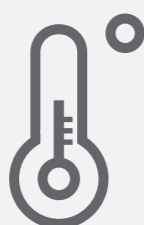
Don't load up on perishable goods the way you do toilet paper. Why buy a pack of 10 avocados when you'll only use 2, and throw 8 out?

STALE IS STILL GOOD



Stale bread can be repurposed for croutons or breadcrumbs, both of which add great texture to soups, salads, and pastas.

LOCATION IS EVERYTHING



All foods react differently to storage temperatures. For example, if you want avocados to ripen sooner, store in room temperature. If not, keep them in the fridge!

FORGET FRESH



Foods approaching their expiration can still be used (creatively!). What about limp chard in your smoothie? Or spongy apples for applesauce? Use it up before throwing it out!

ABEEGO, THE WAY TO GO

We've been taught to lock and seal in freshness yet living food needs to breathe! Leaving food bare isn't the answer either as without protection food quickly withers and rots. Abeego acts like a peel so your food is protected while it breathes. The result? Food keeps alive longer, so you have time to enjoy it to the very last bite.