

# Wellness Goes Green: Reducing Food Waste

*Did you know that wasting food has a significant environmental impact?*

It takes a lot of energy and resources to bring food from farm to table, which is wasted when food is thrown away. Food waste in landfills produces methane gas, a powerful greenhouse gas that is bad for the environment.

**Here are a few ways to reduce your food waste:**

1. Only buy enough food to last a couple of days
2. Store prepared foods in the freezer and reheat for healthy meals
3. Educate yourself on proper food storage methods – this will vary by food
4. Use over-ripened produce to add flavour to recipes like smoothies, sauces or soups



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

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