



## 1. Buy whole, cut later

Whole produce lasts much longer than pre-cut options.

## 2. Buy long-lasting produce

Root vegetables, cabbage, onions, and squash can all last up to 10-14 days after purchase.

## 3. Have a back-up plan for leftover produce

Banana bread is a great way to get rid of mushy bananas. Many crunchy veggies can be quickly pickled for salad toppings or sandwiches. Cut up fruit can be frozen and used later for smoothies.

## 4. Skip on organic

Organic produce does not last as long as conventional produce.

## 5. Don't panic buy

Continue buying your normal amount of produce to prevent food waste.

## 6. Consider a box service

Home delivery services that require a monthly subscription have the added benefit of fresh produce without having to leave your house.

### Alternatives to Grocery Stores for Produce:

Box Service: Pumpkin Produce Box - <https://localpumpkin.com/>

Local Farmer's Markets:

- o Kennewick - <https://www.historickennewick.org/farmers-market>
- o Pasco - <http://www.downtownpasco.com/pfm>
- o Richland - <https://richlandwafarmersmarket.com/>