



# **Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food**

*Dana Gunders*

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## **Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food**

Dana Gunders

Despite a growing awareness of food waste, many well-intentioned home cooks lack the tools to change their habits. This handbook—packed with engaging checklists, simple recipes, practical strategies, and educational infographics—is the ultimate tool for reducing food waste. From a scientist at the Natural Resources Defense Council come these everyday techniques that call for minimal adjustments of habit, from shopping, portioning, and using a refrigerator properly to simple preservation methods including freezing, pickling, and cellaring. At once a good read and a go-to reference, this handy guide is chock-full of helpful facts and tips, including 20 "use-it-up" recipes and a substantial directory of common foods.



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