



# Swap When It Runs Out

Use up what you have. When it runs out, try the reusable swap. One shelf at a time.

## THE RULE, IN FOUR STEPS

**1****Use it up**

Keep what still works

**2****Wait for empty**

Swap at the rebuy

**3****Free first**

Saved jar, plate, rag

**4****Buy if needed**

Only what gets used

| SHELF  | WHEN THIS RUNS OUT     | SWAP TO                          | RAN OUT | TRIED                    | KEEPING                  |
|--------|------------------------|----------------------------------|---------|--------------------------|--------------------------|
| SINK   | Paper towels           | Dish towels + a rag basket       |         | <input type="checkbox"/> | <input type="checkbox"/> |
| SINK   | Spray cleaner          | Refillable glass spray bottle    |         | <input type="checkbox"/> | <input type="checkbox"/> |
| SINK   | Cleaner refills        | Castile soap concentrate         |         | <input type="checkbox"/> | <input type="checkbox"/> |
| DRAWER | Plastic wrap           | Plate, lid or container          |         | <input type="checkbox"/> | <input type="checkbox"/> |
| DRAWER | Zip-top bags           | Saved jars + containers          |         | <input type="checkbox"/> | <input type="checkbox"/> |
| FRIDGE | Masking tape labels    | Reusable erasable labels         |         | <input type="checkbox"/> | <input type="checkbox"/> |
| FRIDGE | Forgotten produce      | A use-it-up bin (start now)      |         | <input type="checkbox"/> | <input type="checkbox"/> |
| PANTRY | Small boxes + bags     | Bigger sizes, decanted into jars |         | <input type="checkbox"/> | <input type="checkbox"/> |
| PANTRY | Doubles in the cabinet | Shop your kitchen first          |         | <input type="checkbox"/> | <input type="checkbox"/> |
| BIN    | Scraps in the trash    | Freezer stock bag + compost      |         | <input type="checkbox"/> | <input type="checkbox"/> |
|        |                        |                                  |         | <input type="checkbox"/> | <input type="checkbox"/> |
|        |                        |                                  |         | <input type="checkbox"/> | <input type="checkbox"/> |
|        |                        |                                  |         | <input type="checkbox"/> | <input type="checkbox"/> |
|        |                        |                                  |         | <input type="checkbox"/> | <input type="checkbox"/> |

**KEEP USING** Plastic containers that still seal. Swap them only when they crack, warp or stop closing.

**DROP-OFFS** Plastic film + bags: \_\_\_\_\_ Food scraps: \_\_\_\_\_



# Low-Waste Holiday Kitchen

*The same swaps, pointed at the busiest cooking weeks of the year.*

## BEFORE THE BIG MEAL

- ☐ Clear one fridge shelf
- ☐ Empty the use-it-up bin
- ☐ Shop the pantry before the list
- ☐ Wash 6 to 8 saved jars
- ☐ Mix one castile spray
- ☐ Pull out cloth napkins
- ☐ Stack dish towels + rags
- ☐ Start a freezer stock bag

## THE DAY OF

- ☐ Scrap bowl on the counter
- ☐ Peels to stock bag or compost
- ☐ Rag basket by the sink
- ☐ Date every leftover
- ☐ Shallow containers to cool
- ☐ Fridge within 2 hours
- ☐ Jars ready for guests
- ☐ Plates over bowls, no wrap

## AFTER

- ☐ Eat leftovers in 3 to 4 days
- ☐ Or freeze them, dated
- ☐ Simmer the stock bag
- ☐ Save clean jars for gifts
- ☐ Save boxes + tissue
- ☐ Film + bags to a store
- ☐ Restock only what ran out
- ☐ Note swaps on page 1

## LEFTOVERS GOING HOME

|            |            |
|------------|------------|
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |
| NAME _____ | JARS _____ |

## JAR SHELF COUNT

SMALL \_\_\_\_\_

MEDIUM \_\_\_\_\_

LARGE \_\_\_\_\_

LIDS THAT FIT \_\_\_\_\_

NEED MORE? \_\_\_\_\_

GIFT JARS SET ASIDE \_\_\_\_\_

STOCK BAG FULL ON \_\_\_\_\_

## FOOD SAFETY BASICS (USDA FSIS)

Refrigerate leftovers within 2 hours. Use shallow containers so food cools fast. Eat refrigerated leftovers within 3 to 4 days, or freeze them. Reheat leftovers to 165°F.

## NOTES FOR NEXT YEAR

\_\_\_\_\_  
\_\_\_\_\_