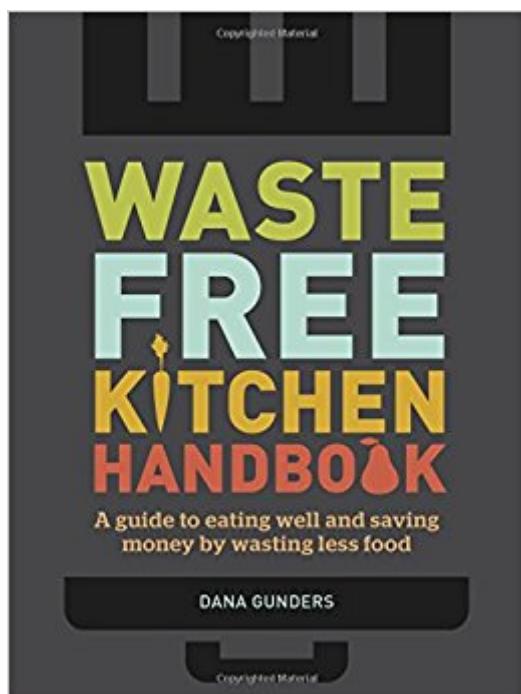


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# Waste-Free Kitchen Handbook: A Guide To Eating Well And Saving Money By Wasting Less Food



## Synopsis

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.

## Book Information

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Best Sellers Rank: #117,507 in Books (See Top 100 in Books) #25 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Buying Guides #73 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #226 in Books > Reference > Encyclopedias & Subject Guides > Cooking

## Customer Reviews

Dana Gunders is a project scientist working on food and agriculture with the Natural Resources Defense Council. She is based in Berkeley, California.

Before posting my review I read all the other reviews. What I found interesting were the negative reviews that focused on how much the reader already knew on this topic. It puzzles me why one would purchase a guide to a topic they already know all about. Now for my thoughts on the book: I am an experienced cook - no gourmet chef by any stretch but I can make food from scratch that people can/will actually eat. I have great cooking tools, a fabulous oven, bread maker, kitchen aid and so on. What I DON'T have is a grasp on how to maximize my food dollars and quit throwing

away so much food. I've gone in spurts with making applesauce out of soft or soon to go bad apples, frozen almost dead bananas for muffins or smoothies and really tried to get past my aversion to leftovers! Nothing sticks and I needed a road map. This book provided me with what I needed - a food preservation compass. I like that this book is broken up into easy to digest chunks (pun intended). The mix of science, statistics and food tips was just right for me. Nothing was so cumbersome or long-winded that I had to put the book down. I love the Smarter Storage section - I never could figure out which items needed humidity and which ones didn't! Organizing the freezer is one task this household is NOT good at - Dana's tips are a great refresher on how to organize and why we should. I have a great dream of composting; although it has always seemed "too complicated" and I give up before I get started. Dana's simple approach (for all living styles) gives me hope that I can actually do this! This book has great tips to achieve what the title suggests Waste Less Food! While every person may not need every section of this book, I do believe this book contains a nugget for everyone, even for those "in the know". And for those just beginning their journey to Wasting Less, Saving more and doing better for our environment - this book is a MUST have.

Well-made book (not ebook) but the print is very, very tiny. Most of the info I found useful, some I found contradictory to other articles and books I've read (e.g., this book recommends against freezing dried beans while others contend doing so preserves the beans indefinitely and protects them from pantry moths -- I freeze dried beans and have found doing so is the better choice). Overall, I'd recommend this book, especially for folks wishing to use more of the food they buy or grow.

This is not a cookbook, although there are some recipes, but I bought this book for the tips and advice in the last 2/3 of the book. I wasn't interested in the part about shopping, portion control, etc., but wanted the information in sections on when food is safe to eat, the truth about expiration dates, how to salvage kitchen crises, and the best way to store various foods. I've already taken advantage of a couple of the tips. I have the paperback edition, which is very attractively formatted.

Whatever your reason(s) for picking up this book---a desire to trim expenses/stick to a budget, an interest in sustainability and using resources wisely---you will find a practical resource that makes a strong argument for being a more mindful consumer. The author's tone is encouraging and non-judgmental and she offers smart strategies for running a more efficient kitchen. Highly

recommended.

Great tips and information on getting the most out of the staples and fresh produce you bring into your kitchen. Invaluable to new homemakers and lots of helpful suggestions for those with more experience. I don't waste much and didn't think I would get much out of this, but I was pleasantly surprised. Some more creative ideas to use up many items and excellent information on produce storage.

Lots of fresh ideas for reducing waste while eating well.

Fantastic (quick) service from the seller, I received the book sooner than expected. I thought the book had some great info, but I thought it was a little light on substance. Just expected more than what was already common knowledge. But, overall, a good experience.

Great reference guide for those who are environmentally conscious. My family reads it daily trying to use the mountains of information.

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