

waste less

*Eat foods with a short shelf life first -
like berries and spinach!*

Make a smoothie.

Blend together 1 cup fresh berries and 1 cup vanilla yogurt. Add other flavors such as ½ banana or ½ cup fresh spinach.



Top whole wheat toast with smashed avocado, spinach and sliced berries.

Make a spinach salad.
Add strawberries, blueberries or raspberries!



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