To save money, we often buy food on sale. However, we may buy more than we need, just because things are cheap. Over time we build up a large amount of food in storage, but food (canned or frozen) does not last forever. Follow these tips to keep our stored food safe:

- Buy food if it will be eaten within the month.
- Buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.
- Share food with a friend or neighbor if a bulk purchase (i.e. rice, eggs, chicken) is made.
- Check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping.

- Buy smaller portions of commonly eaten foods such as rice or oatmeal.
- Buying things in bulk may seem cheaper, but it may be more expensive in the long run if we do not share our food or have to throw food away.
- Buying smaller portions also applies to eating out.
  - Buy a “mini” instead of the regular sized plate lunch.
  - It may be tempting to buy a combo meal, value meal, or other type of meal deal, but try to purchase food that can be eaten in one sitting.

* Please check with your doctor or health care professional before making dietary changes.