WASTE LESS, TASTE MORE 016

# Give Every Container a Date and a Plan



**“CHICKEN FOR SANDWICHES” IS A USEFUL REMINDER.**

After entertaining, label the food you keep with its name and cooking date. Add its next use if you already have one in mind. A few words make tomorrow’s refrigerator much easier to navigate.

## 1 Name the contents clearly

Write “roast chicken,” “mushroom sauce,” or “roasted carrots” rather than relying on recognizing the container later.

**Why:** Similar-looking sauces and covered dishes can be surprisingly easy to confuse.

## 2 Record the cooking date

Label before the container goes into the refrigerator. If you freeze it later, add the freezing date while keeping the original information.

**Why:** You can see its history without trying to remember which evening you cooked it.

## 3 Add a useful next step

Write “for sandwiches,” “blend into soup,” or “serve with pasta.” Put the food you intend to use first where you will notice it.

**Why:** A specific idea makes the extra food easier to work into another meal.

### KITCHEN NOTES

#### Keep labels nearby

Store tape and a marker where you pack food away.

#### Check before shopping

Read the labels before buying ingredients for the next dinner.

#### Keep the original timeline

Using leftovers in a new dish does not give the original ingredients a fresh storage allowance.

**THE PLATING MINDSET**

A little information on the container helps good food return to the table with a clear purpose.