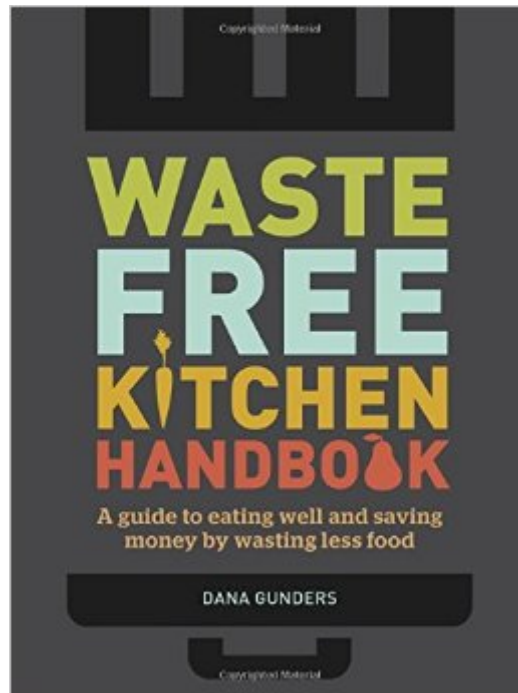


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# Waste-Free Kitchen Handbook: A Guide To Eating Well And Saving Money By Wasting Less Food



## Synopsis

Despite a growing awareness of food waste, many well-intentioned home cooks lack the tools to change their habits. This handbook is "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

Paperback: 200 pages

Publisher: Chronicle Books; 1 edition (September 29, 2015)

Language: English

ISBN-10: 1452133549

ISBN-13: 978-1452133546

Product Dimensions: 6.1 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (52 customer reviews)

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## Customer Reviews

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.

An insightful, practical and EASY read. Full of tips and tricks (and great recipes) that can teach anyone in the kitchen (gourmet or he/she who never cooks) how to reduce everyday food waste, and save \$\$ while you are at it. A must have... and a great gift. I just bought 10 of these for the holidays!! They just sold out. Hopefully will re-stock soon! Or ask at your local bookstore.

Very excited to see my review copy arrive in the mail recently. I 'devoured' it instantly (pun intended) because I know of the great work that Dana Gunders does. We in the 'waste' world were anxiously awaiting the book. True to form, Dana has delivered yet another useful resource aimed at taking down food waste -- this time in every kitchen in America. Starting with an intelligent discussion of why we need to reduce food waste, the book launches into a series of practical steps and tips for reducing food waste starting with good practices in the kitchen e.g., setting up your kitchen and demystifying all the compartments of modern-day fridges, and then ends with super detailed tips on how to handle just about every food and food type and several imaginative recipes for using up food including Anything Goes Soup and Broccoli Stalk Salad. A joy to read, and it's \$18.95 list price will likely pay for itself many times over. Brava, Dana!

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.

Though the content of this book is informative and what I expected, it doesn't work well on the Kindle format. Type that is probably some color in the book comes off as light gray in Kindle. There are many charts and graphs (some of them obviously just space fillers) that are either too small or too large for the page. Overall, reading the book on a Kindle is entirely frustrating.

A few other reviewers have said it but I wish I had listened. If you know your way around a kitchen there isn't any new information here. It's very basic information on meal planning and composting. Do you know how to ad-lib a soup? Or use extra veggies in a frittata? Or make stock? If yes, this isn't the book for you. I think it would be really helpful for someone just starting out but I was thinking it would help me fine tune.

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.

This is a very readable handbook which inspires you to take action to change the ways you buy and use food to incorporate smart purchasing, efficient storing, and interesting cooking. I plan to keep it in easy reach in the kitchen and consult it regularly. Dana has done an amazing job of providing those who have been following her work on food waste and those who haven't with a lot to think about. Be sure to check out the Directory section which is full of helpful information and the Recipes section with its unusual recipes which also look delicious. THANK YOU, Dana.

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