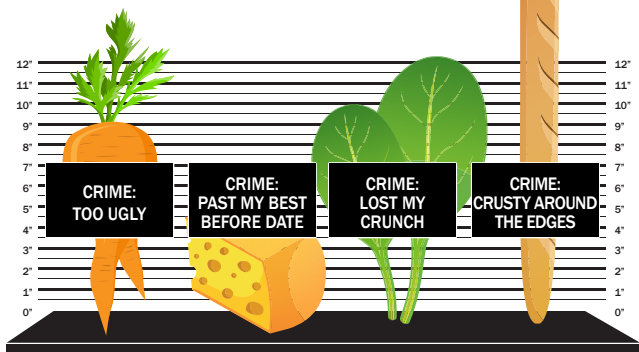


SET FOOD FREE WITH A FREE LUNCH



We're on a mission to save some of the 300 million meals Canadians waste every year, and we're going to do it by making a free feast for 500 people from food that would otherwise be thrown away.

#Feed500RD

A watermelon character with a green body and a curly stem is holding a black sign with white text. The sign reads:

**FEED 500 RED DEER:
SET FOOD FREE
SEPTEMBER 22, 2016
11:30 AM TO 1:30 PM
or until the food runs out
RED DEER CITY HALL PARK
4914 48 AVENUE**

Taking small steps in reducing food waste can make a big difference. Here's some ideas to get you started. For more, visit reddeer.ca/foodwaste.

True or false?

In your fridge, one crisper is for fruit and one is for vegetables.

False: All fruits and vegetables produce ethylene, but some produce more and others are sensitive to it so you will want to keep them away from each other, regardless of whether they're fruits or vegetables.

Expiry dates are the same as "best before" dates.

False: Very few foods have expiry dates after which they must not be consumed. You can eat foods after the "best before" date has passed, but it may have lost some of its freshness, flavour and nutritional value.

You should leave produce in the plastic bag in the fridge.

False: Take produce out of plastic bags. Airtight wrappings suffocate fresh produce and speed up the decay process.

