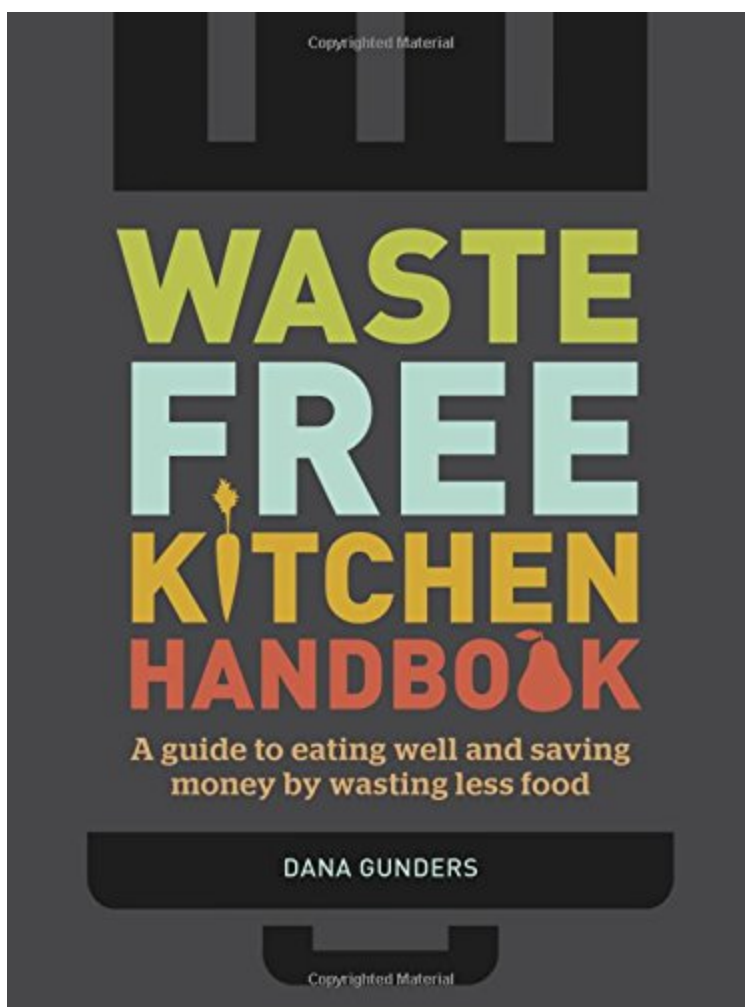


[DOWNLOAD] Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food

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

*Dana Gunders*

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#105307 in Books Gunders Dana 2015-09-29 2015-09-29Original language:EnglishPDF # 1 8.00 x .63 x 6.13l, .0 #File Name: 1452133549200 pagesWaste Free Kitchen Handbook A Guide to Eating Well and Saving Money by Wasting Less Food | File size: 79.Mb

**Dana Gunders : Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food:

119 of 122 people found the following review helpful. I have great cooking toolsBy Next book?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. 1 of 1 people found the following review helpful. Print way too small, book well made and has many useful suggestions. By T.C. Well-made book (not ebook) but the print is very, very tiny. Most of the info I found useful, some I found contradictory to other articles and books I've read (e.g., this book recommends against freezing dried beans while others contend doing so preserves the beans indefinitely and protects them from pantry moths -- I freeze dried beans and have found doing so is the better choice). Overall, I'd recommend this book, especially for folks wishing to use more of the food they buy or grow. 14 of 16 people found the following review helpful. Great tips and advice. By Grandma Sandy 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.

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

About the Author Dana Gunders is a project scientist working on food and agriculture with the Natural Resources Defense Council. She is based in Berkeley, California.