



# Zero Waste Thanksgiving

## *Buy Local*

Hit up your local farmer's market or grocery shop instead of big chain supermarkets to buy the produce and poultry you need to conjure up a scrumptious Thanksgiving meal. This not only reduces your carbon footprint, but supports your local farmers and agriculture as well, which in turn creates a circular economy. The money you spend will be put back into the local economy and used to invest in better farming equipment and practices, resulting in better yield and fresher foods.

## *Bulk Buy*

During feasting holidays like Thanksgiving, consider bulk buying some of your produce to reduce the amount of plastic packaging and save some money! Bulk buying doesn't necessarily mean you need to buy Costco-sized bags of produce, you can just bring your own containers and fill it according to how much you need. For thanksgiving, items to bulk buy include rice, potatoes, pastas, honey, spices, herbs and vegetables. Check out [this resource](https://wastefreesd.org) on wastefreesd.org to find more tips on how to bulk buy!





## Dinnerware

Use plates, bowls and cutlery already at home instead of buying disposable ones. If there isn't enough, try asking a friend or family member to bring some over. For larger parties, consider purchasing compostable dinnerware made from natural plant-based materials, which are biodegradable and a more sustainable option.

## Tur-Key To My Heart

Did you know that turkey broth is beneficial for the bones and digestive system, and contains nutrients in the form of vitamins and minerals essential to the body? Instead of throwing out the carcass and innards like you would normally do, pop them all into a large pot along with some onions, carrots and celery, then cover everything with water and let it simmer for 4-6 hours. You can also find other recipes and ideas here on how to use the entire turkey and not waste a single part.

## Leftovers

No matter how carefully you plan, you're bound to have some leftovers. Make sure you make space in the fridge beforehand and try to use a vacuum sealer so the food stays fresher for longer periods of time. You can also use leftovers to make new recipes such as Thanksgiving leftover casserole using mashed potatoes stuffing, cranberry sauce and stuffing. Discover more delicious recipes here.