I read an article on the BBC website a while back that said people in the UK averagely waste one quarter to one third of the food they purchase each week, with the most wasted foods being fresh baked goods and fresh fruit and vegetables.

If they are wasting this much food in the UK, it stands to reason that folks in the US are doing the same, if not worse... If you find that you are throwing out lots of food, check out the post below which details 37 tips for keeping food fresh for longer. This is also a great read for folks who are on a very limited budget, who don't want to waste a thing.

**37 Tips For Keeping Food Fresh Longer**

*(Photo from: One Good Thing By Jilee)*