

**UCLA Zero Waste's**

# **kitchen companion**



# Hello!

Welcome to the UCLA Zero Waste Kitchen Companion.

College is a time when many of us start to fend for ourselves in the kitchen. UCLA Zero Waste Ambassadors have experienced (*and are still experiencing*) this struggle firsthand, and created this kitchen companion to serve as a handy guide to help implement sustainable practices in the kitchen.

This guide will walk you through what zero waste cooking is, why it's beneficial, and how you can benefit!

## - Zero Waste Ambassadors

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# introduction

## what is low-waste cooking?

Low-waste cooking is adapting our approach to cooking and grocery shopping to reduce the amount of food waste and packaging that goes to landfills. **Implementing low-waste cooking is fun, budget-friendly, and helps reduce our impact on the environment.** There are countless ways to make the most of what we have. Some examples of low-waste cooking include buying in bulk, using vegetable scraps for stock, and cooking one-pot meals!

## why should i do it?

According to the FDA, about 30-40% of the food supply in the United States becomes food waste. This waste is produced both in restaurants and at home.

When sent to landfills, this food waste emits methane, a very potent greenhouse gas. As a result, food waste accounts for about 8% of total global greenhouse gas emissions. Food waste accounts for 24.1% of all municipal solid waste in America's landfills. **Reducing our food waste can reduce the environmental cost of our food systems.**



at the  
grocery store



## general tips

1

**Bring your own reusable grocery and produce bags.**



2

**Try to avoid plastic packaging and individually packaged/precut items.**

3

**Check expiration dates to make sure you can use things on time. Check out more info about expiration dates on page 23!**

4

**Plan ahead and make a grocery list of versatile items/what you usually buy each week. Try to buy intentionally!**

5

**Try to shop local and seasonal to reduce the resources needed to get food from the farm to the table. Check out our seasonal produce guide on page 11!**



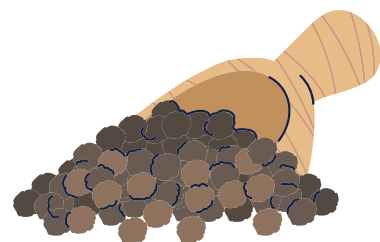
# quick guide to bulk buying

Bulk buying reduces the amount of packaging involved in grocery shopping and can be easier on your wallet. Buying in bulk means buying items by weight or in mass. **Typically, you bring your own container such as a bag or a jar, weigh your container, add your item to the bag, and then pay for the weight of everything minus your container.**

You can find bulk buy areas in some large grocery stores, shops dedicated to bulk buying, or at many farmers markets. Typically, the bulk items available are grains, legumes, and nuts.

- 1 Weigh your container and write it down (on the container itself helps!)**
- 2 Add your bulk item to the container.**
- 3 Note the item's product or bin number.**
- 4 Check out, take your goodies home and store them!**

Bulk buying is available for many other products besides food. Some zero waste stores have household items such as laundry detergent, baking soda, and shampoo. Purchasing these items follows the same general process as with bulk buying food.



# choosing produce



A thorough inspection of produce can help you go home with produce that is ripe when you need to use it. **If you plan on eating the fruit within a day or two, buy it ripe. If not, buy it unripe so that it will be ripe when you're ready.** You'll want to touch, smell, and examine the items. Remember that misshapen produce can still be delicious! Check out the chart below for what to look for in your produce and how to tell if it's ripe and ready.

## **citrus**

Pick up different options and choose the ones that feel heavy for their size

## **melons**

**Cantaloupes:** Golden webbing that isn't green or white, and a strong smell at the "bellybutton"

**Watermelons:** Yellow spot where the fruit was sitting on the ground; if it sounds hollow when you thump it and you can feel the vibration all the way from the top to the bottom of the watermelon, it should be ripe

## **berries**

Uniformly colored, including all the way up to the stem; avoid packages with broken berries

## **avocados**

Ripe when firm but slightly squishy

## **pineapples**

Firm skin, golden color from the bottom up



## **apples**

Very firm and matte

## **tomatoes**

Smooth, plump, firm to touch, bright consistent color

## **bell peppers**

Bright green stems, firm, and heavy for size

## **onions**

Check for wet/dark spots and avoid sprouting onions

## **broccoli**

Firm and dark green color throughout crown



## **general rules of thumb**

- Plan ahead so your produce is ready when you need it and doesn't go bad before that.
- Trust your senses!
- Thoroughly check for bruises and damage.
- Avoid mush and sogginess.
- For leafy greens, go for bunches that look crisp and well-colored.
- Consider buying imperfect produce. A small bruise or blemish may not matter so much if you're going to use it soon before the rotting spreads. Give it a chance!

# seasonality guide

Since most produce items are available year round in grocery stores, we tend to forget that crops have a natural growing season. This produce seasonality guide can help you **prioritize in-season fruits and vegetables to enjoy when they are most tasty and locally available!** It's also helpful for knowing what to expect at a farmers market, since whatever is being sold at the farmers market is in season.

## fall

Apples	Eggplant	Pomegranates
Broccoli	Garlic	Pumpkin
Brussel Sprouts	Grapes	Butternut
Cabbage	Green Beans	Squash
Carrots	Kale	Spaghetti
Cauliflower	Limes	Squash
Celery	Okra	Zucchini
Chiles	Onions	



## winter

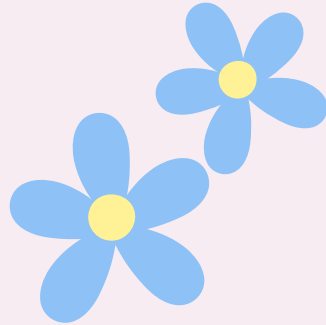
Cauliflower	Kiwi
Beets	Lemon
Cabbage	Oranges
Carrot	Tangerines
Celery	Winter Squash
Clementines	Butternut Squash
Grapefruit	Spaghetti Squash
Kale	



## **spring**

Apricots  
Artichokes  
Asparagus  
Broccoli  
Dandelion Greens  
Parsley  
Peas  
Radishes

Strawberries  
Mushrooms  
Pineapples



## **summer**

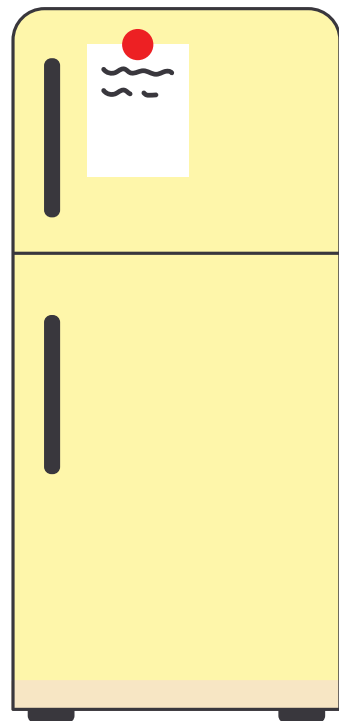
Cherries  
Apples  
Apricots  
Avocados  
Basil  
Bell Pepper  
Blackberries  
Blueberries  
Cantaloupes

Corn  
Cucumbers  
Eggplant  
Figs  
Grapes  
Limes  
Mango  
Melons  
Nectarines

Peaches  
Raspberries  
Tomatoes  
Watermelon  
Zucchini



in the  
kitchen



# how to store produce

## why does produce go bad?

It has to do with a gas known as **ethylene**, which is what causes the ripening process. When a fruit or vegetable gets too ripe, that is when it will “go bad”. Controlling how much ethylene gas a fruit or vegetable is exposed to is key to keeping them fresh for longer.



## food storage basics

Since ethylene causes ripening, you will want to keep ethylene producers away from other produce, especially those that are ethylene sensitive. Avoid keeping them in closed containers as well, as this will trap the gas and speed up the ripening process. As a general rule of thumb, fruits create more ethylene than vegetables, so you want to avoid storing the two together. (There are, of course, some exceptions to this).

Different produce fare differently at room temperature versus in the refrigerator. The table on the next page provides a brief overview of all you need to know to ensure your produce can last as long as possible. **In general, refrigeration slows down the ripening process and items should be refrigerated to prevent over-ripening, especially if they may spoil.** Furthermore, all items should be refrigerated after being cut open. In general, try to imitate the conditions the produce is in when on display at the grocery store.

## General Notes:

- Room temperature means in a relatively cool, dry environment.
- Items labeled as being best stored at room temperature should be refrigerated once ripe to prevent over-ripening.
- Wash and dry leafy greens and keep in bag with dry towel in the refrigerator.



## fruits

Name	Ethylene Production	Sensitive to Ethylene	Fridge / Room Temperature	Special Notes
Apples	High	Yes	Refrigerate if not eating within a week	
Apricots	High	Yes	Room Temp.	Refrigerate once ripe
Avocados	High when ripe	Yes	Room Temp.	Refrigerate once ripe; store leftovers airtight with seed
Bananas	Medium	Yes when unripe	Room Temp.	Will turn black if refrigerated
Berries (Blackberries, blueberries, raspberries, strawberries)	Low	No	Refrigerate	Only wash immediately before eating; separate smashed/spoiled berries
Cantaloupes	Medium	Yes	Room Temp.	
Cherries	Low	No	Refrigerate	Wash just before eating
Grapes	Low	Yes	Refrigerate	Wash just before eating
Guavas	Medium	Yes	Room Temp.	

Name	Ethylene Production	Sensitive to Ethylene	Fridge / Room Temperature	Special Notes
Kiwi	High when ripe	Yes	Room Temp.	
Citrus (Lemons, Limes, Oranges, Tangerines, Grapefruit)	Low	No	Room Temp.	Can be refrigerated for longer storage
Lychees	Low	No	Refrigerate	
Mangos	Medium	Yes	Room Temp.	Refrigerate once ripe
Honeydew	Medium	Yes	Room Temp.	
Nectarines	High	No	Room Temp.	Refrigerate once ripe
Papayas	Medium	Yes	Room Temp.	
Peaches	High	Yes	Room Temp.	Refrigerate once ripe
Pears	High	Yes	Room Temp.	Ripe from the inside out; feel for ripeness near stem
Pineapples	Low	No	Room Temp. 2-3 Days then Refrigerate	
Plums	High	Yes	Room Temp.	Refrigerate once ripe
Pomegranates	Very Low	No	Either	
Watermelon	Very Low	Yes	Room Temp.	

## veggies

Name	Ethylene Production	Sensitive to Ethylene	Fridge / Room Temperature	Special Notes
Artichokes	No	No	Refrigerate	
Asparagus	No	Yes	Refrigerate	Store upright in glass of water, covered with a bag
Basil	No	Yes	Refrigerate	
Beets	No	Yes	Refrigerate	Remove leaves
Bell Peppers	No	No	Refrigerate	Keep dry
Bok Choy	No	Yes	Refrigerate	
Broccoli	No	Yes	Refrigerate	Store w/ moist towel
Brussel Sprouts	No	Yes	Refrigerate	
Cabbage	No	Yes	Refrigerate	
Chinese Cabbage	No	Yes	Refrigerate	
Carrots	No	Yes	Refrigerate	Remove tops
Cauliflower	No	Yes	Refrigerate	Store stem side up
Celery	No	Yes	Refrigerate	Wrap in dry towel or aluminum foil
Corn	No	No	Refrigerate	
Cucumbers	Very Low	Yes	Refrigerate	
Eggplant	No	Yes	Refrigerate	



Name	Ethylene Production	Sensitive to Ethylene	Fridge / Room Temperature	Special Notes
Garlic	No	No	Room Temp.	
Ginger Root	No	No	Refrigerate or Freeze	
Green Beans	No	Yes	Refrigerate	
Herbs	No	Yes	Refrigerate	Soft-stemmed herbs can be stored w/ stems in water
Leeks	No	Yes	Refrigerate	
Lettuce	No	Yes	Refrigerate	
Mushrooms	No	Yes	Refrigerate	
Okra	Very Low	Yes	Refrigerate	
Onions	No	No	Room Temp.	
Peppers, spicy	No	Yes	Refrigerate	
Potatoes	No	Yes	Room Temp.	
Pumpkins	No	Yes	Room Temp.	
Radishes	No	Yes	Room Temp.	
Squashes	No	Yes	Room Temp.	
Sweet Potatoes	No	Yes	Room Temp.	
Tomatoes	Medium	No	Room Temp.	Only store in fridge when absolutely necessary
Turnips	No	Yes	Refrigerate	
Zucchini	No	No	Refrigerate	

## refrigerator (crisper) drawers

Refrigerator drawers (aka Crisper drawers) are useful tools to keep things fresher for longer. There are actually two types of crisper drawers: low humidity and high humidity drawers. Most refrigerators have a vent slider that allows for the opening or closing of the vent. Opening the vent reduces the humidity of the drawer and closing it increases the humidity. It's useful for fridges with two drawers to have each drawer set to opposite settings for versatility.

**The low humidity drawer should be used for things that will rot (like fruit) and the high humidity drawer should be used for things that wilt (thin-skinned vegetables and leafy greens).** Make sure to not put ethylene producing items in the high-humidity drawer, or the items will wilt faster in the confined conditions.

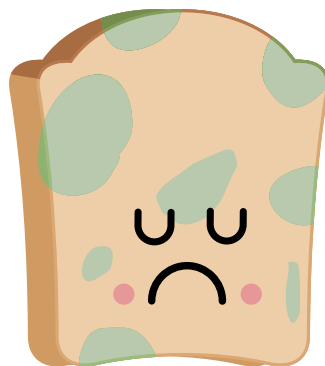


# is it edible?: mold and expiration dates

## **mold.**

Sometimes our most valiant efforts to use up our groceries is not enough. It gets to us all: the slice of bread has little spots of green fuzzies on it. Is the whole bag doomed? Can you just cut off the part that is moldy and eat the rest? Whatever you choose to do, there's no judgement... But in the name of safety, here's what the US Department of Agriculture has to say about it. (Spoiler: **mold doesn't always mean doom!**)

- Clean the refrigerator or pantry at the spot where the food was stored.
- Check nearby items the moldy food might have touched.
- When cutting out mold, keep the knife out of the mold itself to prevent cross-contamination.



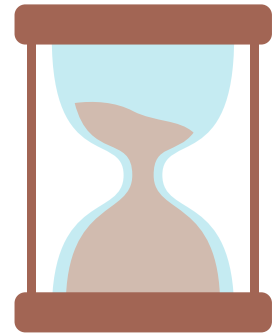
## **food-specific mold damage control procedures**

<b>Food</b>	<b>Handling</b>	<b>Reason</b>
Firm fruits and vegetables (cabbage, bell peppers, carrots, etc.)	Use. Cut off at least 1 inch around and below the mold spot.	Small mold spots can be cut off FIRM fruits and vegetables with low moisture content. It's difficult for mold to penetrate dense foods.
Soft fruits and vegetables (cucumbers, peaches, tomatoes, etc.)	Discard	SOFT fruits and vegetables with high moisture content can be contaminated below the surface.
Cooked leftover meat, lunch meats, poultry, casseroles, grains, and pasta	Discard	Foods with high moisture content can be contaminated below the surface. Moldy foods may also have bacteria growing along with the mold.
Bread and baked goods	Discard	Porous foods can be contaminated below the surface.

<b>Food</b>	<b>Handling</b>	<b>Reason</b>
Hard Cheese (not cheese where mold is part of the processing)	Use. Cut off at least 1 inch around/ below the mold spot and re-cover in fresh wrap.	Mold generally cannot penetrate deep into the product.
Soft cheese (such as cottage, cream cheese, etc.)	Discard	Foods with high moisture content can be contaminated below the surface. Moldy soft cheese can have bacteria growing along with the mold.
Yogurt, sour cream	Discard	Foods with high moisture content can be contaminated below the surface. Moldy foods may also have bacteria growing along with the mold.
Jams and Jellies	Discard	The mold could be producing a mycotoxin. Microbiologists recommend against scooping out the mold and using the remaining condiment.

## expiration dates are not what they seem!

Date labels on packaging refers to the presented date manufacturers put on products such as poultry, eggs, canned goods, etc. They are placed based on the manufacturer's discretion, and most often display when the food/product is of best quality.



What is a "Best by/before" date?

- Date of when a product will be of best flavor/quality

What is a "Use by" date?

- The last date recommended for the product's use while at peak quality.
- Not a safety date unless when used on infant formula.

How do I know if it's really expired?

- Trust your senses: look, smell, and taste to see if your food is still edible. If something seems off, you may want to avoid eating it

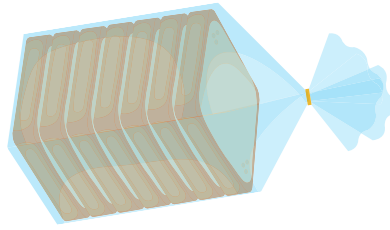


# useful tools



## repurposed jars

Great for pickling or storing all sorts of food, from dry goods to sauces.



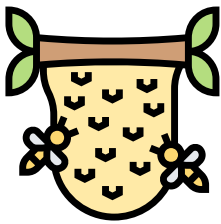
## empty bread bags

Can be reused to store other foods instead of new plastic/zip lock bags



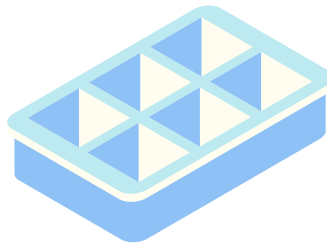
## produce rubber bands

Can be used to close bags and bundle things up, just handy to have



## beeswax wrap

A reusable substitute to plastic wrap!



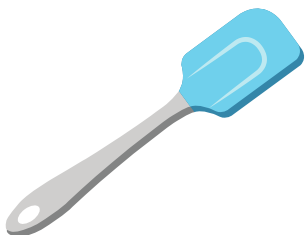
## ice cube tray

Great for freezing more than just water: try freezing aquafaba blocks, onions/fresh herbs in olive oil, and more!



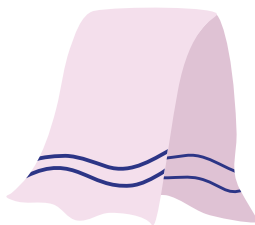
## silicone baking mat

A convenient substitute to parchment paper when baking or roasting



## rubber spatula

Perfect for getting every last drop out of bowls. heat-proof ones are so versatile and last longer!



## kitchen towels

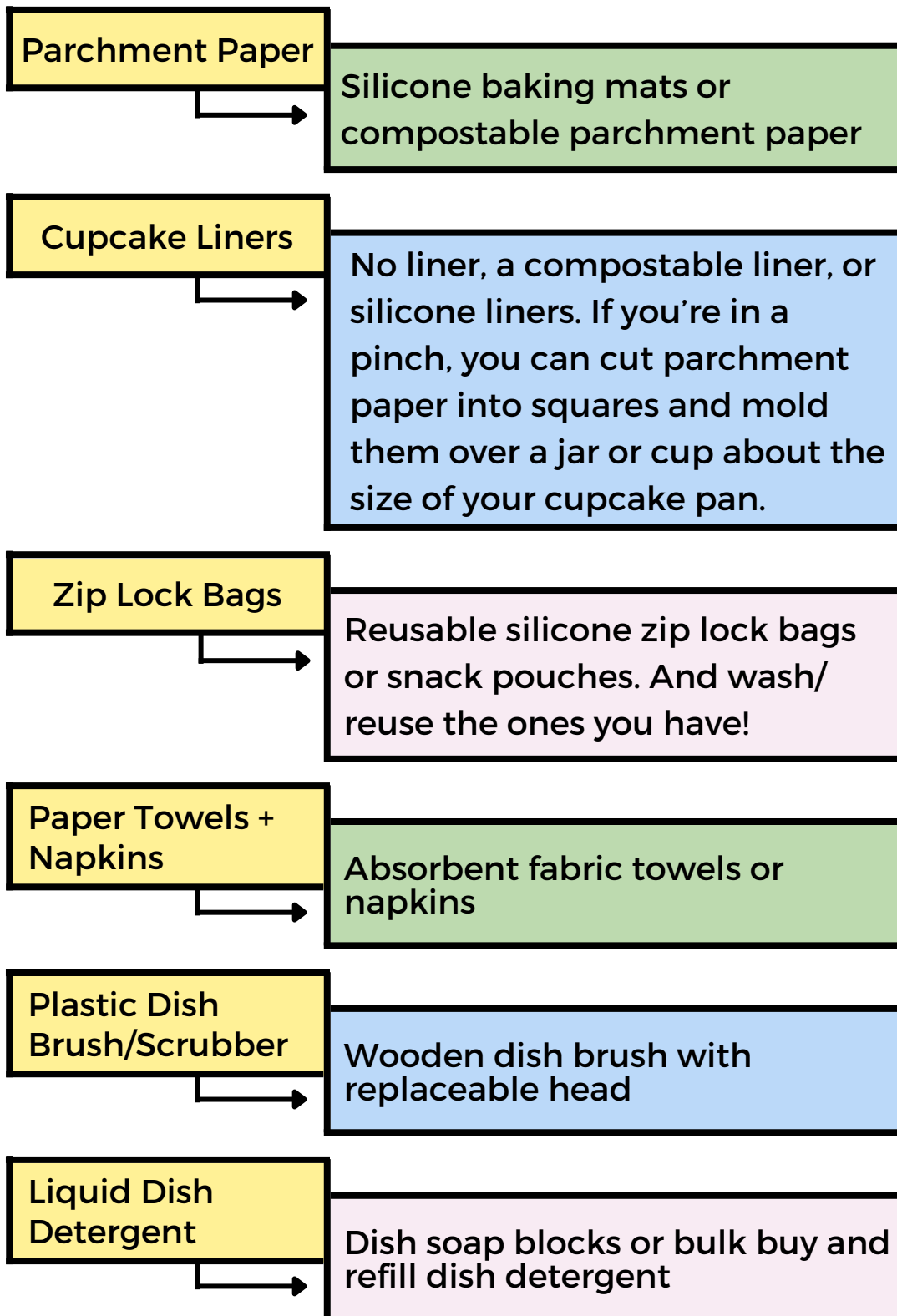
Reduce the use of paper towels and use kitchen towels when possible.



## gallon jugs

Can hold mixes like fruit punch/lemonade or use as watering jug for plants.

# sustainable swaps





# knowing your knives

There are plenty of different knives, each with its own purpose. But when I moved into my college apartment, I admittedly had no clue what I was doing. I thought I would be able to get away with the set of steak and butter knives my mom got me from the dollar store my freshman year. I was wrong.

**It's important to know the basics of knives so you can assess which ones you should invest in,** instead of buying a big set full of knives and only ending up using a couple of them. Here's a run-down on the three most essential types of knives, and when to use them.

## **chef's knife**

This knife has a long handle and a smooth blade between 7-10 inches. It's versatility lets it be used efficiently for slicing, chopping, etc. It has a curved blade for rocking it back and forth which helps make chopping a breeze. This one's an all-around winner and multi purpose powerhouse.



## **utility knife**

The utility knife is basically a mini chef's knife for smaller jobs where the chef's knife seems a bit overkill.



## **paring knife**

This little knife has a short blade and a pointed tip. It's great for cutting, chopping, and peeling almost anything, especially small things that need lots of precision.



## *knife edges: serrated vs flat edged*

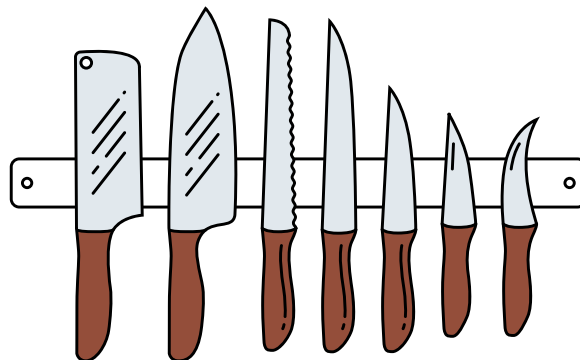
There are two common types of knife edges: serrated and flat. **A flat edge will cut in one smooth motion whereas a serrated edge behaves like a saw and requires a back and forth motion.** In many cases, you want to use a flat edge to create clean cuts. However, if what you're cutting can be compressed or has a delicate flesh, a serrated edge is the way to go. The force exerted by the flat edge will crush the inside of delicate items, such as tomatoes.

In general, use a serrated edge to cut things that has delicate flesh or can be smashed/squished such as:

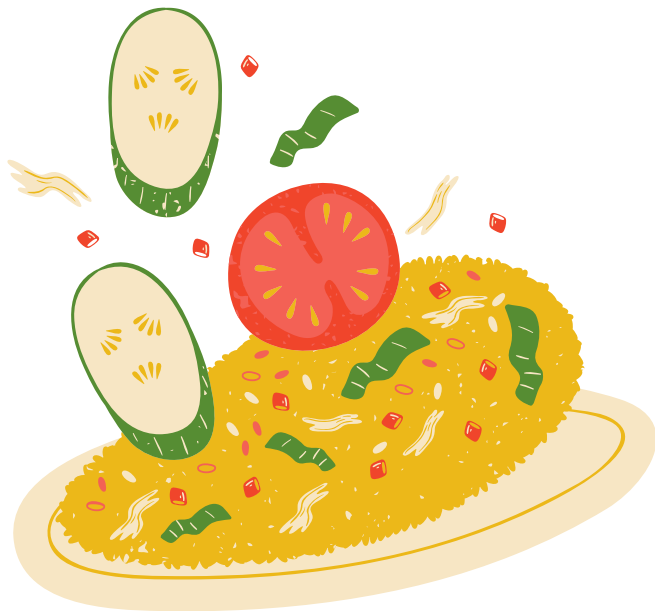
- Breads
- Cakes
- Tomatoes
- Citrus Fruits
- Pineapple
- Winter Squash
- Watermelon



We're no knife purists around here, but these are just the essentials to make sure you have the basics to get you on your feet and cooking with confidence!



# cooking

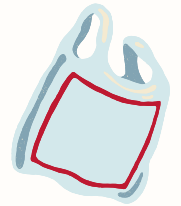


# techniques to reduce waste

1

## Reusing and Repurposing What You Have

- Don't go out of your way to buy things that are branded as sustainable when what you currently have works! (ex: reusable bamboo cutlery when you already have metal ones)
- Repurpose cartons or take-out containers for garden use (you can even grow your scraps in there!)
- If you end up with plastic bags from the grocery store, reuse them.
- Wash out zip lock bags when you can for reuse.



2

## Use your freezer!

- If you know you can't eat something before it goes bad, try to save it by freezing it! It will come in handy later when you're in a time crunch and need a bite to eat. Just make sure you are conscious of what you freeze, or you may end up cleaning out many mystery containers from the freezer later on.
- If you have fruit that is ripe and you can't eat it all, freeze it and use it in a smoothie later!
- With an ice cube tray, you can freeze little blocks of chopped onions in olive oil and pop one into the pan when you need. This saves you from crying your eyes out every time you need onions, and ensures that your onions get all used up.



**3**

## Compost

- You can freeze food scraps and drop them off at local compost facilities (if available).
- If local compost facilities aren't available, check if compost is accepted at a local community garden or farmers market.

**4**

## Regrow Scraps

- Many vegetables can be grown again from scraps in just water or a container of soil. Look out for vegetables with a rooting base or bulb, such as green onions, lettuce, bok choy, and celery. Put these rooting bases/bulbs in a cup of water, make sure it gets some light, and watch it grow back!
- Other produce items like old potatoes or carrot tops can also be grown into nice decorative greens to spruce up your space without a lot of commitment.

**5**

## Use One-Pot Recipes



- We all hate doing dishes. Save time, water, and effort with one-pot recipes that make cleanup a breeze. You can specifically look up one-pot recipes online, which can range from pasta and risotto to skillet and soups!

**6**

## Bulk Buy Groceries

- Bulk buy what you can to reduce packaging waste and save some money. Check out our bulk buying guide on page 8 for more details.



# what to save and what to make with it

## egg yolks

Leftover egg yolks should be refrigerated in an airtight container. To prevent the yolks from drying out, you can add a little bit of cold water to submerge the yolk before storing. Be sure to dump this water out before using it. When stored properly, the yolks can last from 2-4 days.



### Crème brûlée (4-6 yolks)

- No, you don't need a blowtorch! All you need are a bunch of egg yolks and a couple other ingredients. Making crème brûlée is easier than you think and can make you feel fancy.

### Lemon Curd/Lemon Bars (3-5 yolks)



- Skip past the lemon curd recipes calling for eggs and look for a recipe calling for exclusively egg yolks. Lemon curd is versatile and delicious! Its flavor goes well with so many things and it can be a topping, filling, or a stand-alone treat.
- If you want to go an extra mile, you can bake up some lemon bars. They are essentially the same as a lemon curd, except it has a delicious shortbread crust that gives it the bar form.

### Yellow Cake (1-2 yolks)

- Yellow cakes often include extra yolks to make the batter extra rich. It makes sense, considering the whole yellow theme going on.



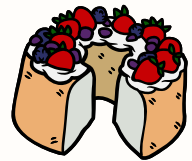
## egg whites



Egg whites can be stored in an air-tight container in the refrigerator for 2-4 days or can be frozen in an ice cube tray. Make sure you label how many egg whites there are in storage for ease of reference. Frozen egg whites will not whip up and aerate as well as freshly separated egg whites, so bear this in mind if you're planning to make something that depends on the egg whites reaching stiff peaks.

### Angel Food Cake (9-12 whites)

- Angel Food Cake is a unique sponge cake that is very light and airy due to the low-fat nature. It goes super well with fruit or berries. Even though angel food cakes are always shown with a hole in the middle from being baked in a bundt or tube pan, any cake or loaf pan will do so long as you make sure to leave it ungreased and unlined. Most recipes require a large amount of egg whites, but can be scaled down to fit your needs!



### Macarons (3-5 whites)

- Good luck and godspeed, my friend. Macarons are super finicky but super rewarding and impressive once you get it right!



### Merengue Cookies (3-5 whites)

- I once read that eating a merengue is like eating drywall that loves you, and I completely agree. They are light, airy, crunchy, and sweet cookies that are a fun challenge for intermediate bakers.



## aquafaba



Aquafaba is essentially the pasta water of chickpeas. It's the liquid that is a byproduct of cooking chickpeas. You can get aquafaba from canned chickpeas or from cooking your own chickpeas and saving the liquid. By some scientific miracle, it can be whipped to stiff peaks the same way that egg whites can. They work very well as an egg-white replacement for vegan baking and as a binding agent.

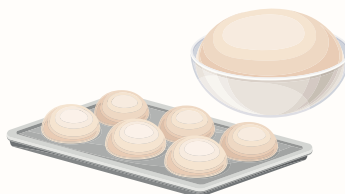
To keep aquafaba, I recommend freezing it in an ice cube tray (in tablespoon measurements if possible!). You can pop them out of the freezer, let them thaw, and use them to make whatever your heart desires.

### Vegan Hokkaido Milk Bread

- I was very obsessed with watching Hokkaido milk bread videos on YouTube because of how soft and squishy they always looked. Thankfully, Hokkaido milk bread can be made vegan using aquafaba, and the result was the best bread I've ever made in my life. Hokkaido milk bread is special because it is made with tangzhong, which is flour and water that is heated lightly on a stovetop. It is added to the dough to soften it up.

### Vegan Macarons and Merengues

- The typical version of these desserts rely on egg whites whipped to stiff peaks. Thankfully, aquafaba can get the job done!





## heavy whipping cream



Recipes hardly ever call for a full pint of heavy cream. If you ever have a little bit of extra, you can whip it in to whipped cream to enjoy with fruit. You can also use it with chocolate to create a chocolate ganache that can be used as a topping to make anything 10x fancier.

## overripe fruit



Depending on the type of fruit you have leftover, try to use it up in baked goods, jam, or as frozen fruit. Most berries can be made into jam by putting them on the stovetop with sugar and a squeeze of lemon. Freezing cut up fruit is handy because you can blend it up into a smoothie later!

## vegetable scraps



Vegetable scraps like stems, tops, bottoms, and skins can be saved in the freezer until you have amassed enough to boil it with water to make a vegetable broth. Just add water to the point where the scraps start to float, and boil for half an hour. Strain out the scraps, and you're left with your very own veggie broth! The broth can be improved by adding garlic, herbs, or spices.



## stale bread



Stale bread can be brought back to life in the form of breadcrumb or croutons. To make breadcrumbs that are useful for breading an topping, chop up the bread into crumbs using a food processor and bake the crumbs. To make croutons, dice the bread into whatever size crouton you'd like (using a serrated knife!), toss it in oil/butter and seasoning, and bake until crispy!

## empty cans



Repurpose old cans into planters by poking little drainage holes in the bottom. They can be painted and decorated to your heart's content, and can house a cute herb garden or a place to regrow veggie scraps.

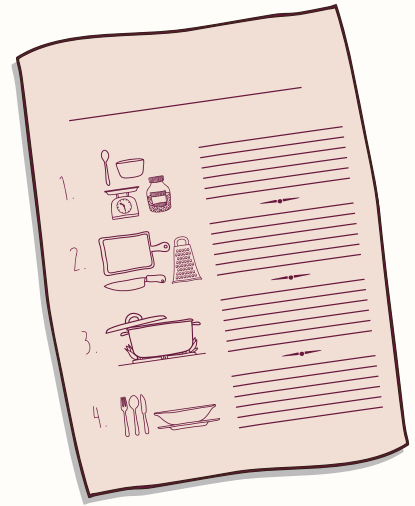


# UCLA resources



# community cookbooks + recipe resources

Now that you've gone through our kitchen companion, you're all set to tackle whatever recipes come your way. We've compiled some community cookbooks and recipe sources from UCLA organizations and student groups below that can be accessed for free. Click on the titles to access the resources!



## **Environmentalists of Color Collective Food Justice Zine and Plant-Based Cookbook**

- Cultural, plant-based recipes and art by the on-campus organization Environmentalists of Color Collective

## **UCLA Farmer's Market and Jane B. Semel HCI Eatwell Pod Community Collaborative Cookbook**

- Community-focused, people-inspired virtual recipe book guided by the mission to support local farmers and uplift meals as vehicles for culture and community,

## **UCLA Teaching Kitchen**

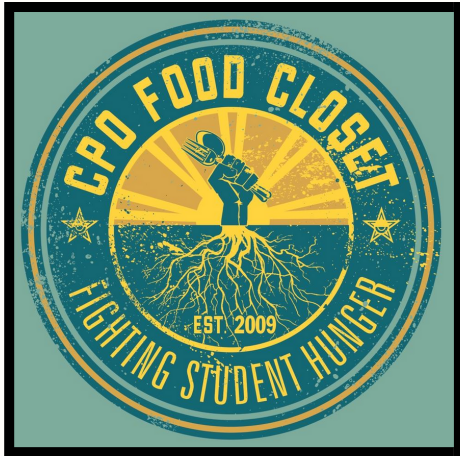
- An educational, interactive space to meet the needs of the campus community in areas of nutrition education, food insecurity, culinary skills, and community engagement.
- Website has recipe pdfs, videos, and guides for skills and quick tips.

## **Meals 4 the Planet**

- Resource for recipes with carbon footprint analyses and information on the environmental impact of different foods.



# community programs office basic needs



Since 2009, the Community Programs Office (CPO) Food Closet has been providing free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships. The Food Closet is located on campus in the Students Activity Center Level 1, East Wing.

Click [here](#) for more information, including hours of operation and special programs and giveaways.

# local bulk buy grocers and farmer's markets

## **bulk buy**

- Ralphs
- Whole Foods
- Sprouts
- Farmer's Markets!

## **farmer's markets**

- [UCLA Farmer's Market](#)
- [Westwood Village Farmer's Market](#)
- [West L.A. Farmer's Market](#)
- [Century City Farmer's Market](#)
- [Brentwood Farmer's Market](#)
- [Santa Monica Farmer's Markets](#)

**thank you for  
reading the zero  
waste kitchen  
companion...**

**now good luck  
out there chefs!**

