

Go Green! with Tupperware! Go Green! with Tupperware!

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- **Healthier...** don't boil away valuable vitamins & nutrients...70% loss boiled over stovetop vs only 11% in the microwave!
- **Time...** 1/4 cooking time and clean up time!
- **Money...** \$8 microwave vs. \$80 oven per 100 hours!

Microwave Saves...



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FridgeSmart Saves...



- **Healthier...** after 2 weeks Romaine lettuce still has over 80% of its vitamins & nutrients!
- **Waste...** keeps produce fresh for weeks - broccoli 3 weeks!
- **Money...** average American household wastes 65% of produce purchased...that's \$65 per \$100 spent!