



# FOOD WASTE



People waste a lot of food! We need food, we love food, so be part of the solution and reduce the food you waste.

## FOOD WASTE FACTS

Americans waste 30-40% of their food (according to the USDA). That's like buying 3 bags of food and throwing 1 away. When food is wasted resources are wasted!

Resources like water, land, energy, and labor are all wasted when food is wasted. Food is the largest component of landfills (according to the US EPA).



## FOOD WASTE PREVENTION RESOURCES:

[savethefood.com](https://www.savethefood.com)  
[stilltasty.com](https://www.stilltasty.com)  
[zerowastechef.com](https://www.zerowastechef.com)

## TIPS TO PREVENT FOOD WASTE

- Set an intention to waste less food - share that intention with friends and family and let it drive your efforts to waste less food
- Get creative with food to waste less, like having breakfast for dinner or using a variety of cut up veggies for stir fry, soups, and stews
- Learn about canning, dehydration and fermentation techniques to preserve
- Plan your meals, stay organized, store your food correctly, and utilize freezing

## FREEZE FOR FRESHNESS ❄️

- Freeze food to keep it fresh longer
- Freezing puts a "pause" on freshness
- Many foods can be frozen such as fruits, vegetables, breads, butter, soups, beans, eggs
- Freeze food without plastic - learn from the Zero Waste Chef

# REDUCE FOOD WASTE

## Plan & Organize

- Make a meal plan for the week and stick to it
- Make that plan around what you have on hand already
- Keep your refrigerator and pantry organized (rotate newly purchased food to the back)
- Use clear containers and label with date and contents
- Keep leftovers front and center, make a plan and do some research on how to use those leftovers



## Shop

- Shop Smart - only buy what you need based on your meal planning
- Buy “ugly” fruits and vegetables, they are just as good and may even be cheaper
- Buy locally grown food, it lasts much longer compared to that in a grocery store that may be days or weeks old already
- Don't shop hungry, and always go with a list based on your meal plan



## Prep & Storage

- Prep food for best storage and easy use (savethefood.com)
  - cut up fruits and veggies for easy snacking or cooking
- Prep “about to go bad” food for freezing
- Store food for best freshness (savethefood.com)
- Store or freeze leftovers in serving size containers
- Create an “eat me first” box in refrigerator



## LEARN ABOUT FOOD PRODUCT

### DATING FROM THE USDA:

- “Sell by” “Best by” “Use by” dates can cause confusion and lead to food waste
- Generally intended to communicate food quality, not food safety
- Learn to use your sense to evaluate food quality - smell, look, taste (just a little)
- Baby Formula is only federally regulated food requiring a date

## WHY IS FOOD WASTED

- Color or size variations
- Scraps from processing
- Spoilage in grocery store
- Large portion size in restaurants
- “Sell by” or “Best by” confusion
- Back of refrigerator or pantry loss