

Let's talk trash.

Cut back on **food waste and loss** to save money, improve access to food, and protect natural resources.



90 billion

pounds of edible food goes uneaten each year. That weighs

125x
the Empire
State Building.

This cost consumers

\$370

per person each year.



Grains

\$ amount of each food group wasted

Fruits

Protein Foods**

Vegetables

Dairy

Added Fat & Sugar

\$22

\$45

\$140

\$66

\$60

\$37



Reduce **wasted food** in your home with simple shopping, storage, & cooking practices.

WHAT YOU CAN DO



Plan & Save

Plan your weekly menu and make a grocery list. Does the list include food that you already have at home? Buy only what you need and stay within your budget.



Set Storage Reminders

Track storage times for different foods using <u>The FoodKeeper</u>

<u>Application</u>. This tool will remind you when foods are near to the end of their <u>storage date</u>.



Donate

Many shelters, food banks, and faith-based organizations will accept food donations to feed others who need a meal.



Be Food Safe

Shop refrigerated or frozen foods just before checking out. Transport items that spoil easily in a cooler or thermal bag and refrigerate or freeze within two hours of shopping.



Be Organized

Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.



Recycle & Compost

Instead of throwing out food, create a <u>compost</u> bin. Don't have a yard? Your city may help you find composting or recycling options that are right for you.



Check for Quality

The date on a food package helps the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.



Re-purpose

Give leftovers a makeover when you reuse them in recipes. Add broccoli stems to a salad or blend overripe fruit into a low-fat smoothie. Freeze extra food.



^{*}In homes and away-from home eating places.

^{**}Protein foods includes meat, poultry, fish, eggs, and nuts.