



ARE YOU WASTING FOOD?

40% OF OUR FOOD ENDS UP IN THE TRASH

Learn how to **prevent food waste** & **save your \$\$** in the process. There are lots of easy tips you can do at home. Every single action adds up to success.

LOVE FOOD, HATE WASTE

The Food Revolution starts with YOU..... To waste less food, what will YOU do?

What
a
WASTE!

40% of food goes uneaten in the U.S. each year.

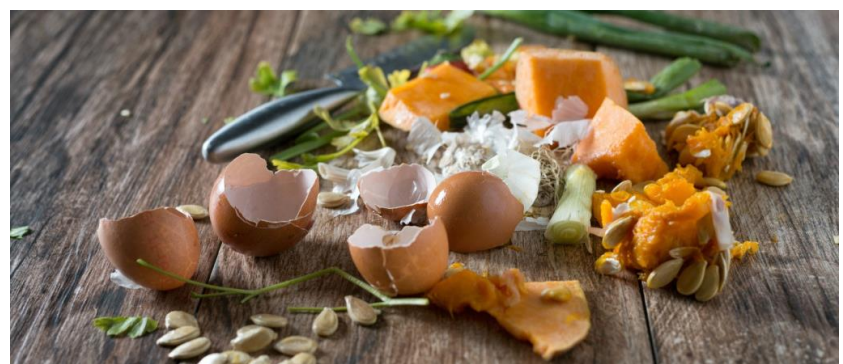
THAT MEANS WE'RE WASTING:

- 240 POUNDS OF FOOD PER PERSON***
- 165 BILLION DOLLARS****
- 300 MILLION BARRELS OF OIL***
- Valuable nutrients could feed **25 MILLION** more Americans by reducing losses by just 15%.*

YET, 1 IN 7 AMERICANS IS FOOD INSECURE.***

Rescuing just **25%** of the food we waste each year would ~~save~~ enough to feed **25 million** Americans.

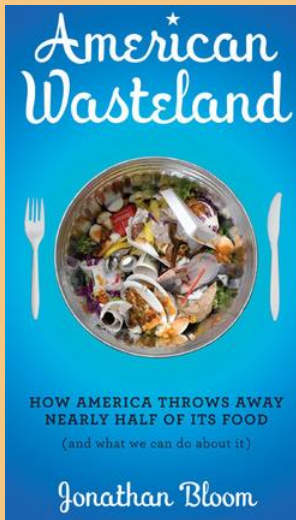
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THE PROBLEM – LOTS OF WASTED FOOD

Americans throw away A LOT of food every year – way more than we think we do. Wasted food occurs when we buy too much food & it either spoils before we can use it or we make too much, so we toss it away. We also throw away food scraps (eg: peels, rinds, etc), which we could compost instead. Food retailers often toss fruits & veggies that don't look perfect, but are still edible.

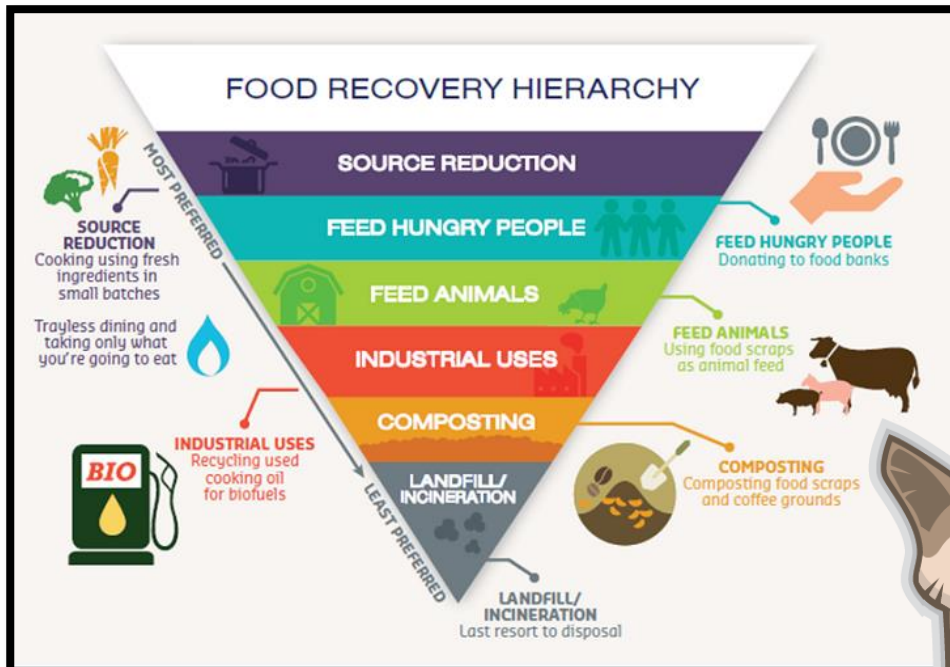
This is a huge waste of money & resources (the cost of the water, energy, transportation it takes for us to get our food). It also takes up a lot of room in our landfill & emits greenhouse gases; instead we should turn it into a resource by composting it. And remember, we ALL have a part to play in reducing our food waste.



THE SOLUTION



- Plan your meals before you shop
- Buy only what you need
- Store food properly or freeze items for later
- Eat what you buy/make
- Eat those leftovers! (or use them to make new meals)
- Compost your food scraps & any food that you don't eat
- Shop at your local farmer's markets, CSA's, and Imperfect Produce (website)
- Do a food waste audit (to see how much you throw away)



For more tips & recipes, just google 'love food hate waste'



LOVE
FOOD
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