

WHO GIVES A WASTE?

40 % of food Americans have available to them goes uneaten. This equates to **\$165.6** billion in food is waste each year.

In the United States alone, consumers waste **10** times more food per capita than those in Southeast Asia

50% more food is wasted today than in the mid 1970's

Reducing food losses by just 15% would mean enough food to feed more than 25 million people in America. Today 1 in 6 Americans lack a secure supply of food to their tables

Organic matter in landfills produces methane due to lack of oxygen. This increases the greenhouse gases in the atmosphere contributing to global warming.

10% of the entire U.S budget,

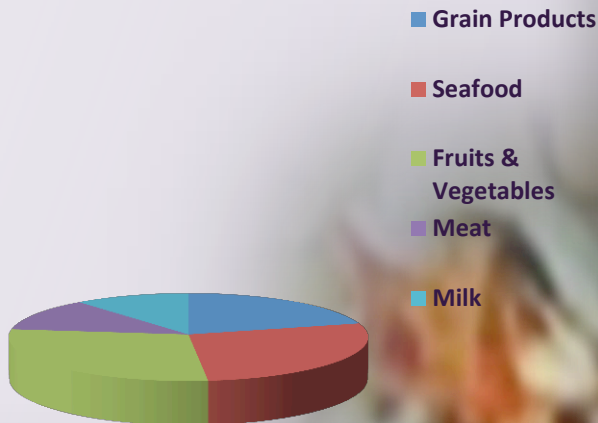
50% of land, and

80% of water is utilised to get food from farms to fork.

Most of this nutrient rich uneaten food is thrown out and ends up in landfills becoming the second largest component of landfills, and the single largest component of municipal solid waste, where it accounts for almost 25% of U.S methane emissions.

Throwing out **1/2** a hamburger equates to the same water usage as taking a **60** minute shower.

Type of Food Loss



Increasing the efficiency of the U.S food system is a triple bottom –line solution that requires a collective approach by decision-makers at every level in the supply chain.

Composting left overs and food that would otherwise be thrown away, could save consumers between \$1365 and \$2275 each year.

Education on food quality and expiration dates, better use of freezing to preserve food before spoilage.

Follow these tips to keep your food bill and “food-print” down at the same time:

Get smart about less waste, great taste—Plan meals, use shopping lists, buy from bulk bins, and avoid impulse buys. Don’t succumb to marketing tricks that lead you to buy more food than you need, particularly for perishable items. Though these may be less expensive per ounce, they can be more expensive overall if much of that food is discarded.

Love funny fruit—many fruits and vegetables are thrown out because their size, shape, or colour are not “right”. Buying these perfectly good funny fruit, at the farmer’s market or elsewhere, utilizes food that might otherwise go to waste.

Learn the labels—“Sell-by” and “use-by” dates are not federally regulated and do not indicate safety, except on certain baby foods. Rather, they are manufacturer suggestions for peak quality. Most foods can be safely consumed well after their use-by dates.

“Eat down” your fridge—Websites such as www.lovefoodhatewaste.com can help you get creative with recipes to use up anything that might go bad soon.

Freeze It!—frozen foods remain safe indefinitely. Freeze fresh produce and leftovers if you won’t have the chance to eat them before they go bad. Request smaller Portions—Restaurants will often provide half-portions upon request at reduced prices.

Eat Leftovers—ask your restaurant to pack up your extras so you can eat them later. Freeze them if you don’t want to eat immediately. Only about half of Americans take leftovers home from restaurants.

Compost—composting food scraps can reduce their climate impact while also recycling their nutrients. Food makes up almost 13 percent of the U.S. waste stream, but a much higher percent of landfill-caused methane. Encourage your city to start curb side composting programs.

Donate—non-perishable and unspoiled perishable food can be donated to local food banks, soup kitchens, pantries, and shelters. Local and national programs frequently offer free pick-up and provide reusable containers to donors. There is even a Good Samaritan Act that protects businesses that give food from litigation.