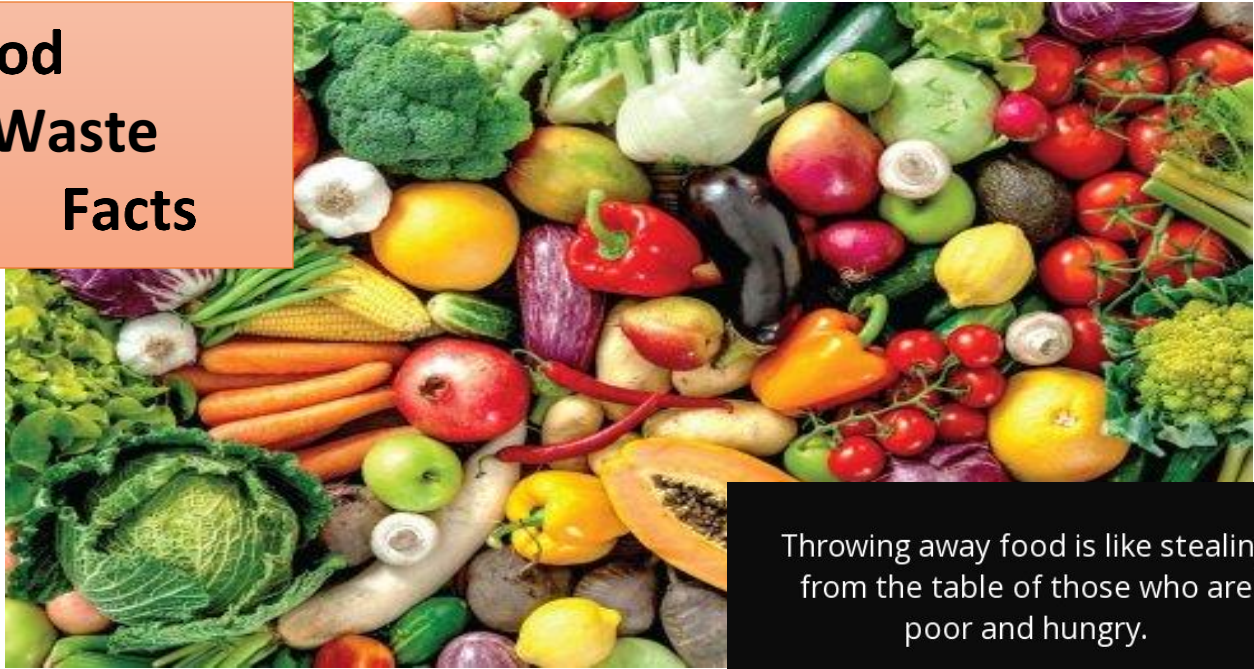


Food Waste Facts



Throwing away food is like stealing
from the table of those who are
poor and hungry.

— Pope Francis —

The U.S Department of Agriculture (USDA), the U.S. Environmental Protection Agency (EPA), and the U.S Food and Drug Administration (FDA) announced on October 29, 2018, the signing of a joint agency formal agreement under the *Winning on reducing Food Waste Initiative*. The agreement is aimed at improving coordination and communication across federal agencies attempting to better educate Americans on the impacts and importance of reducing food loss and waste.

What's the Problem?

Food is being wasted at an alarming rate. And we - consumers - are the largest source of it! Up to 40 Percent of the food in the United States is never eaten¹.

Researchers at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) concluded in a 2009 study that each year a quarter of U.S. water consumption and over 300 million barrels of oil (four percent of U.S. oil consumption) go into producing and distributing food that ultimately ends up in landfills.

Food loss occurs at every stage of the food production and distribution system. EPA states that wasted food is the single biggest occupant in American Landfills.

Food loss and waste also amount to a major squandering of resources, including water, land, energy, labor and capital and needlessly produce greenhouse gas emissions, contributing to global warming and climate change. – Fao.org

At a time when one in six Americans are food insecure, reducing food loss by just 25 percent would be enough to feed more than 25 million people every year.¹

Given all the resources demanded for food production, it is worth our while to make sure the food we produce is not wasted.

¹Gunders, D. (2012). *Wasted: How America is Losing Up to 40 of Its Food From Farm to Fork to Landfill*. National Resources Defense Council. Retrieved April 29, 2015 from <http://www.nrdc.org/food/files/wasted-food-ip.pdf>

What Can Residents Do to Reduce Food Waste?

Here are some easy and helpful tips to get you started:

Plan Your Shopping Trips

- Check your fridge and cupboards first to see what you already have
- Make a grocery list before you go
- Buy smaller amounts of foods that expire quickly (like fresh fruits and vegetables)



Store Food To Keep it Fresh

- Move older food items to the front of the fridge or cupboard, so they're easy to see, or set up an "eat first" section
- Set your fridge at 4°C or lower and freezer at -18°C or lower
- Some foods can be frozen for longer storage
- Separate items into smaller portions before freezing them

Plan Your Meals

- Eat older food items first
- Create weekly meal plans for easy shopping and cooking
- Serve smaller portions to guests, and offer seconds

Use & Reuse Leftovers

- Love your leftovers and use them up for your next meal or in new recipes
- Offer extra leftovers to your friends and neighbors
- Donate unopened, non-perishable foods to the food bank
- Encourage guests to take leftovers home with them

