

DECEMBER FOCUS

PREVENTING FOOD WASTE

Why should we care about preventing food waste?

- Wasted food is the single largest item in U.S. landfills. As it decomposes, it releases methane which is a harmful greenhouse gas.
- Reducing food waste saves money, conserves water and energy used in production and promotes environmental sustainability.

What leads to food waste?

- Food is wasted when consumers buy more than needed and throw out food that is still safe to eat.
- Confusing date labels like “best by” or “sell by” can also lead people to toss perfectly good food.
- Even before food reaches consumers, food is wasted during harvesting, shipping and in grocery stores due to spoilage or cosmetic standards.

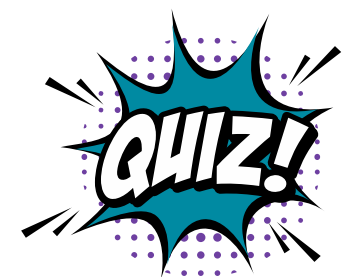


WHAT FOOD IS MOST WASTED?

- Fruits and vegetables are the most commonly wasted, followed by dairy, grain and pre-packaged foods.
- Often they are tossed simply because they look “imperfect” or go un-eaten in time.

WHAT CAN I DO TO STOP FOOD WASTE?

- Plan meals ahead and store food properly.
- Learn the difference between “sell by”, “use by” and “best by” dates; many foods are still safe after these label dates. Check out the USDA website.
- Donate non-perishable foods to local food banks and pantries.



Take the quiz to test your knowledge on reducing food waste this holiday season!

Once you take the quiz, you will be entered into a drawing with the chance to win a prize.

