

Feed People, Not Landfills:

Reducing Food Waste



Food loss and food waste are becoming increasingly **important issues** as the world's population grows and as pressures on agricultural land and other resources increase. There are many **environmental, health and nutrition** issues created by food waste.

How can 49 million people face hunger in a country that wastes 36 million tons of food?

Once in landfills, food breaks down to produce **methane**, a potent greenhouse gas which contributes to **climate change**.

In the U.S. we waste around **31%** of all edible food.

96% of the food we throw away ends up in landfills and results in **25%** of U.S. methane emissions

While **millions** of Americans worry about how they will feed their children, the amount of **safe, edible food** wasted in the United States soars.

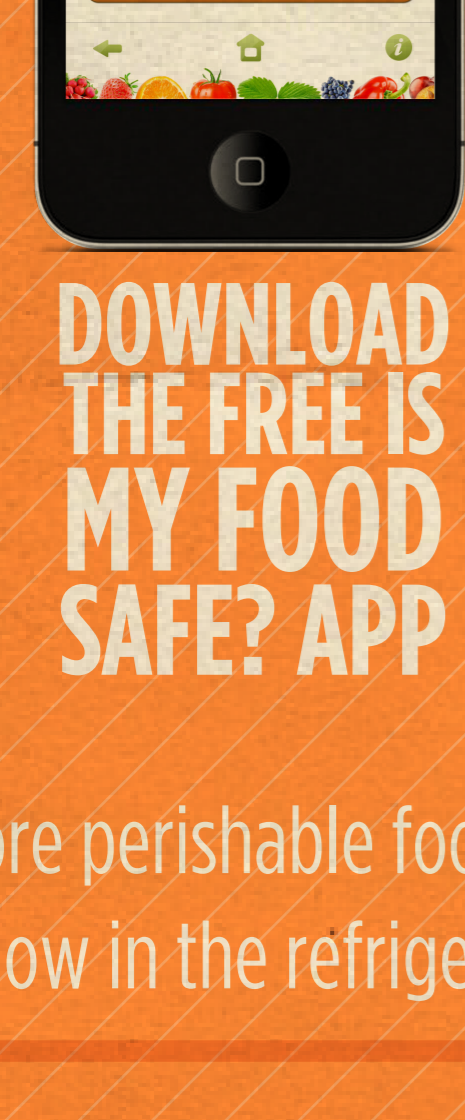
If we wasted just **15%** less food, it would be enough to feed **25 million Americans** (NRDC Food Facts)

Support the food insecure by donating untouched food instead of throwing it away.

1 house = 5 million Americans

REDUCE FOOD WASTE & READ FOOD LABELS &

Much of food waste is due to improper storage and misreading labels. There are certain steps you can take to keep **food fresh longer** and **reduce the amount of food wasted**.



DOWNLOAD THE FREE IS MY FOOD SAFE? APP

Cook or eat what you already have at home before buying more.
Make sure to eat before it goes bad.



Shop in your refrigerator first!

Store perishable foods properly at **40°F** or below in the refrigerator or **0°F** in freezer.

Store produce properly to extend freshness—see the **How to Keep Produce Fresh Longer** infographic or visit the link below: homefoodsafety.org/refrigerate/reduce-produce-waste

Read the label!

More than **90%** of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. **Know your labels:**



Buy the product before the **Sell By** date passes and cook or freeze the product by the time on the **Refrigerator/Freezer Storage Chart** or download the **Is My Food Safe?** app

The **"sell by"** date tells the store the last day they should sell that specific package.

The **"best if used by"** date is the recommended date for best flavor or quality.

The **"use by"** date is the last date recommended for use of the product at peak quality.

If a product has a **"use by"** date, follow that date

Learn more: homefoodsafety.org/food-poisoning/food-safety-label

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER &

FREEZE

surplus food, such as abundant **seasonal produce** or meats to extend shelf life.

Wrap freezer items in **heavy freezer paper, plastic wrap, freezer bags** or foil

Blanch vegetables before freezing



Date all freezer packages and use the **oldest food first**

Home Food Safety		www.homefoodsafety.org	
CONTENTS		03/14	
FOOD FROZEN ON	JAN	JULY	1 2 3 4 5 6
	FEB	AUG	7 8 9 10 11 12
	MAR	SEPT	13 (14) 15 16 17 18
	APR	OCT	19 20 21 22 23 24
	MAY	NOV	25 26 27 28 29 30
	JUNE	DEC	31

USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO OR BELOW **0°F**

Home Canning

Buying produce **in season** when it is **cheap and plentiful** or **growing your own produce** for preserving can be an **economical way** to stock the pantry, and **reduce food waste**.

Always use **approved home canning methods:**



Use a **pressure canner** or **cooker**

Be sure the **gauge** of the pressure canner or cooker is **accurate**.



Use up-to-date canning processes. Consult the guide.

homefoodsafety.org/cook/canning

Sources:

- U.S. Department of Agriculture
- United States Environmental Protection Agency
- Natural Resources Defense Council



Home Food Safety®
www.homefoodsafety.org

A Collaboration Between
eGFI Academy of Nutrition and Dietetics and ConAgra Foods