



ways to reduce waste at home: minimize food waste



Why should you reduce food waste?

The answer is pretty simple: it's better not only for the environment, but also for your wallet. According to the United States Department of Agriculture we waste about 40% of our food supply. Some estimate it's closer to 50% or nearly \$1,600, a significant amount of money. Throwing away food is a waste of money, time, energy, and resources for all parties involved. Food waste is the single most prominent component of our landfill's solid waste. As if that wasn't enough, as this waste breaks down it produces methane emissions, which are incredibly harmful to our atmosphere. By reducing your food waste you're making the right choice for both yourself and our planet.

How do you reduce your food waste at home?

- ▶ meal planning and prep
- ▶ check fridge and cupboard before shopping
- ▶ write grocery lists to avoid overbuying
- ▶ buying in bulk only helps if you use the food
- ▶ properly storing & refrigerating food
- ▶ freeze & reserve as much as possible
- ▶ eating leftovers
- ▶ pay close attention to expiration dates
- ▶ if possible donate food to food banks
- ▶ composting

more information on composting available here:
<https://www.epa.gov/recycle/composting-home>

<https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/Tips-On-Reducing-Food-Waste-At-Home.aspx>

<https://www.epa.gov/recycle/reducing-wasted-food-home>

<https://www.epa.gov/recycle/composting-home#basics>

images:

<https://www.moneycrashers.com/ways-reduce-food-waste/>

<https://www.mamanatural.com/composting/>