

## WASTED FOOD IS WASTED MONEY

It's been estimated that Americans throw away 90 billions pounds of food each year either at home or when eating out. And the amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmer's fields. Americans toss about 19% of vegetables and 14% of fruits they buy. Not all food that is wasted can be saved or eaten, but it's been proven that a lot of food waste could be prevented, especially at home. Reducing food waste means stretching your meals and stretching your dollar.

## TIPS FOR REDUCING FOOD WASTE

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### PLAN AHEAD

- Look in the refrigerator, freezer, and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount that can be eaten or frozen within a few days. Especially perishable foods, like fresh fruits, vegetables, meats, and dairy.

### GET CREATIVE

- Transform meals into soups, salads, or sandwiches using leftovers.
- Pack leftovers for lunch the next day
- Combine to make soup, freeze, and enjoy at a later date.

### MASTER THE SHELF LIFE

- Dates listed on the package don't all mean the same thing. Take note of packages that say "Use by", "best by", and "best before".
- "Sell by" dates are displayed on perishable foods. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

### PRACTICE GOOD FOOD SAFETY

- Don't risk eating or drinking anything that you suspect has spoiled. Try using the Is My Food Safe app if you have questions.
- Eat leftovers within 3 to 4 days.
- Store foods in the pantry so that products with closer dates are up front.
- Place foods that could spoil quickly within sight, such as in front of the refrigerator.

### OTHER WAYS TO GO FURTHER WITH FOOD

- Be mindful of portion sizes.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container.
- Consider composting

**40%** OF FOOD IS WASTED