

Let's talk trash.

Cut back on **food waste and loss** to save money, improve access to food, and protect natural resources.



About **90 billion** pounds of edible food goes uneaten each year.*

That weighs **123x** the Empire State Building.

This cost **\$370** per person consumers each year.

\$ amount of each food group wasted

KEY:

- = \$1
- = \$5
- = \$20



Grains
\$22

Fruits
\$45

Protein Foods**
\$140

Vegetables
\$66

Dairy
\$60

Added Fat & Sugar
\$37



Reduce **wasted food** in your home with simple shopping, storage, & cooking practices.

WHAT YOU CAN DO



Plan & Save

Plan your weekly menu and make a grocery list. Does the list include food that you already have at home? Buy only what you need and stay within your budget.



Be Food Safe

Shop refrigerated or frozen foods just before checking out. Transport items that spoil easily in a cooler or thermal bag and refrigerate or freeze within two hours of shopping.



Check for Quality

The date on a food package helps the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.



Set Storage Reminders

Track storage times for different foods using The FoodKeeper Application. This tool will remind you when foods are near to the end of their storage date.



Be Organized

Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.



Re-purpose

Give leftovers a makeover when you reuse them in recipes. Add broccoli stems to a salad or blend overripe fruit into a low-fat smoothie. Freeze extra food.



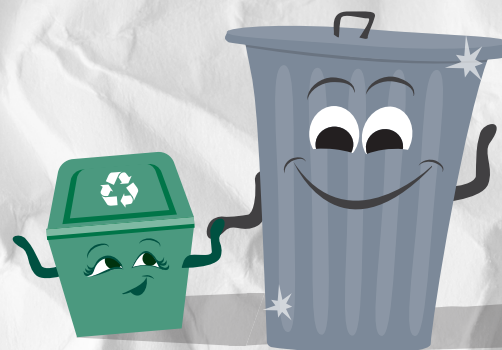
Donate

Many shelters, food banks, and faith-based organizations will accept food donations to feed others who need a meal.



Recycle & Compost

Instead of throwing out food, create a compost bin. Don't have a yard? Your city may help you find composting or recycling options that are right for you.



*In homes and away-from home eating places.

**Protein foods includes meat, poultry, fish, eggs, and nuts.

Sources:

All sources are available at ChooseMyPlate.gov/lets-talk-trash.

Center for Nutrition Policy and Promotion
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