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PREVENT FOOD WASTE AT HOME

DID YOU KNOW?

» Californians **discard ~6 million tons of food** every year. Not only the food is wasted, but so is the land, water, energy, labor, and other resources used to produce and transport.



» **Reducing food waste at the source** is the best way to manage food waste, followed by donating extra food to feed the hungry.



» When food waste sits in a landfill, it **emits methane gas** – a harmful greenhouse gas 80x more potent than carbon dioxide.



» Preventing food waste in your home can **save you money!** According to the USDA, a family of four averages ~\$1,500 each year on food that doesn't get eaten.



HOW CAN YOU REDUCE FOOD WASTE?

PLAN & PREP Buying more than needed leads to food expiring in the refrigerator. Before shopping, plan your meals, make a list, and stick to it!

DON'T BE PICKY Experts say discolored or oddly shaped fruits and veggies are just as nutritious and tasty, so don't pass them up for more flawless items.

STORE FOOD CORRECTLY Many foods have different storage needs and the refrigerator is not always the best place! Storing food correctly can significantly reduce food waste. Practice 'first in, first out' by storing newly purchased items behind older items and keeping partially used veggies in a clear container so you can see and use them first.

KNOW YOUR EXPIRATION DATES Terms like "Best if Used By/Before" or "Sell/Use By" can be confusing and result in tossing perfectly good food. Use your eyes and nose to determine if something is bad, but don't risk it if you're unsure!

SERVE SMART Every day, more food than we realize is scraped off plates and dumped into the trash. Help prevent this by taking smaller portions and only what you need.

LOVE YOUR LEFTOVERS Pack leftovers in small containers for easy, to-go meals. Label and date the contents and use within 3-5 days. Taking home unfinished food when dining out is also great!

FREEZE EXTRAS Many foods can easily be frozen and defrosted for later use. This can help reduce food waste from bulk purchases or when items near their expiration date.

USE THE SCRAPS Use leftover veggies in soups/smoothies, use citrus rinds to flavor water, add broccoli stems to a stir fry, and even regrow veggies like celery and lettuce. Whatever else can't be used, compost!

USE TECHNOLOGY The USDA's FoodKeeper app provides storage advice for 400+ food and beverage items and will alert you when they are nearing the end of recommended storage. You can also find recipes for items you have on hand using your favorite search engine.



» [foodsafety.gov](https://www.foodsafety.gov)

TRACK YOUR WASTE Keep a log of what types of food get thrown away and how much is being wasted every week. Use that information to inform necessary changes to your shopping habits!