

PREVENT FOOD WASTE ABQ

WHAT IS FOOD WASTE?

Food waste refers to food that is fit for consumption but is consciously disposed of.

WHY IS REDUCING FOOD WASTE IMPORTANT?

- Reduces your carbon footprint
- Saves money
- Saves food
- Saves water and land

HOW MUCH DO I WASTE?

- Measure how much food your household wastes in a day and record the volume and/or weight.

The average family of four loses about **\$1,500 A YEAR** on food that ends up uneaten.



Americans throw away **MORE THAN 40% OF THE FOOD SUPPLY** leading to **119 BILLION POUNDS OF WASTED FOOD** annually in the United States.



TWO-MINUTE SOLUTIONS FOR REDUCING FOOD WASTE AT HOME

Reducing food waste is not as challenging as you might think. Take 2 minutes every day to reduce your food waste using these 4 solutions:

- Make large batches of food, then freeze leftovers
- Meal plan around ingredients you already have
- Pack lunches using dinner leftovers
- Understand how and where to store your food

Learn more on the Natural Resources Defense Council's website: savethefood.com or on the City's website: cabq.gov/compost.

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