

PREVENT FOOD WASTE ABC

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 6 solutions:

- 🍏 Ask for smaller portions.
- 🍏 Eat your leftovers.
- 🍏 Shop smart: Use the "[Guest-Imator](#)" Tool for estimating the quantity of food you'll need.
- 🍏 Save food scraps to compost.
- 🍏 Understand date labels: "Best if used by," "Sell By," and "Freeze by" labels are not expiration dates but rather suggestions for when a product will be best for flavor and quality.

Explore more resources and tips on the Natural Resources Defense Council's website: savethefood.com or on the City's [website](#).

ONE
ALBUQUE
ROQUE