

Wasted Food: Facts and Impacts

**NO FOOD
LEFT BEHIND**
- CORVALLIS -

Food waste is a growing problem with profound financial and environmental impacts.

Food is typically wasted when we buy more than we need, store it incorrectly, throw away leftovers or cook too much.

Americans waste
25 percent of the
food they purchase.



49%

of **Corvallis** residents dispose of
food in their trash!



is the average **amount
spent** each year by a family
of four on wasted food.

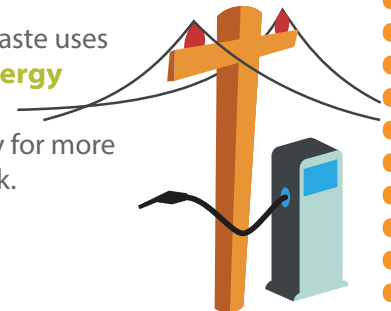
Wasted Food = Wasted Resources

When we throw away food, we also waste all the water and energy used to produce, package and transport food from the farm to our plates.

U.S. food
waste uses
25% of
all our
fresh water.



U.S. food waste uses
enough **energy**
to power
the country for more
than a week.



Food Recovery Hierarchy



What about Composting?

Composting is simply not a solution to preventing wasted food: food production is very resource-intensive, so a wasted apple also wastes all the water, energy, fuel, labor, money, and love that went into producing it. Composting is only one step better than landfilling. Feeding chickens is even better, but prevention is best!

**Did you know? Wasted food is the THIRD largest contributor
to global climate change!**

So Get Smart! Here's How:

Visit NoFoodLeftBehindCorvallis.org/smart-strategies for **downloadable Smart Strategies**:

- "Eat First!" Sign (pictured at right) for leftovers area in fridge
- Meal Planner and Smart Shopping List to prevent overbuying
- Prep Now Eat Later guide (see reverse) helps make meal prep quick, easy and less painful
- Freezer Inventory so you know what's buried in there
- D.I.Y. Wasted Food Discovery Worksheet to notice what's getting wasted & why, and then prevent it!
- Videos and other tips and tricks, including creative recipes and helpful apps



Come by and see us at our 2018 Saturday Corvallis Farmer's Market Table at 1st & Monroe:

- Pick up a laminated "Eat First!" Sign (and other Smart Strategies above)
- Pick-up an A-Z Fruit & Veggie Storage Guide to keep food fresh 'til you eat it!
- Play our fun, interactive Fruit & Veggie Storage Game and test your Food Storage IQ!



Guide created by the Waste Prevention Action Team of the Corvallis Sustainability Coalition. Printed on 100% recycled content paper in August 2018. More guides and info about the Recycling Block Captain program at <http://tiny.cc/wpatcapt>. Sources: Economic Research Service, 2010; Loss-Adjusted Food Availability; PLOS one Journal; The Climate Change and Economic Impacts of Food Waste in the United States, Venkat, 2012; Oregon DEQ, 2002; Fitapproach.com.

SMART PREP: PREP NOW, EAT LATER



Prepare perishable foods soon after shopping. It will be easier to whip up meals later in the week, saving time, effort, and money.



Helpful Tips & Smart Strategies:

- Cut kitchen time - when you get home from the store, take the time to wash, dry, chop, dice, slice, and place fresh food items in clear storage containers near the front of the fridge for snacks and easy cooking.
- Reference an A-Z Fruit & Vegetable Storage Guide and make sure the food you're prepping now and eating later doesn't say "wash just before eating".
- Prepare and cook perishable items, then freeze for use throughout the month. For example, bake and freeze chicken breasts, or blanch and freeze veggies.
- Befriend your freezer and visit it often. Freeze food such as bread, sliced fruits, or meat you won't be able to eat in time. Add these to a Freezer Inventory List and cross off when used up. Double-bag to prevent freezer burn if stored long.
- Safety first. Check a Refrigerator & Freezer Storage Chart for safe storage times.
- Label food with the date you prepped it, and by when you should use it up.
- Add Eat First! signs to a leftovers area of your fridge so food is eaten before spoilage

For more food storage info, visit extension.oregonstate.edu/fch/food-storage

Underscored Smart Strategy links can also be downloaded at <https://NoFoodLeftBehindCorvallis.org>

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