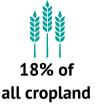
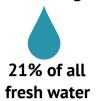


## **Preventing Food Waste** in Your Home Kitchen

40% of all food in the US is wasted. At the same time, 1 in 7 adults, and 1 in 5 children face food insecurity in San Diego County.

## All this food that never gets eaten consumes:







Americans waste 50% more food today than we did in the 1970s.



For the average US household of four, food waste translates into an estimated \$1,500 in annual losses.

## **Tips for Reducing Food Waste**

In the US, **43% of the food waste happens at the household level**. There are several things you can do to reduce the amount of food you waste, which will help you save money and the planet!



- ✓ Check your fridge and pantry before heading to the store.
- Make a shopping list and don't shop when hungry to prevent buying more than you need.
- Plan for days to use up leftovers or ordering takeout.
- ✓ Give "imperfect" produce a chance.



- ✓ Understand the best way to store your foods at savethefood.com or download the Foodkeeper App for detailed tips.
- ✓ Implement a "Use First" bin in your fridge to help consume older items first.
- Extend life of foods by freezing items you don't plan to consume right away.
- ✓ "Sell by" and "Use by" dates indicate quality, not food safety.
- ✓ Use your sense of smell to judge if food has gone bad. Err on the safe side – if in doubt, throw it out.





- Revive wilting veggies by soaking them for 10 minutes in icy water.
- ✓ Preserve food through techniques like pickling and canning
- Recipes such as stir fries, burritos, omelets, wraps, soups & smoothies can help you use older ingredients and scraps.



