WHAT IS WASTED FOOD?

Wasted food occurs when an edible item is not consumed, as in discarded food by stores due to color or appearance and plate waste by consumers.

This includes a half-eaten meal left on a plate at a restaurant or food scraps from preparing a meal at home.

THE PROBLEM WE FACE
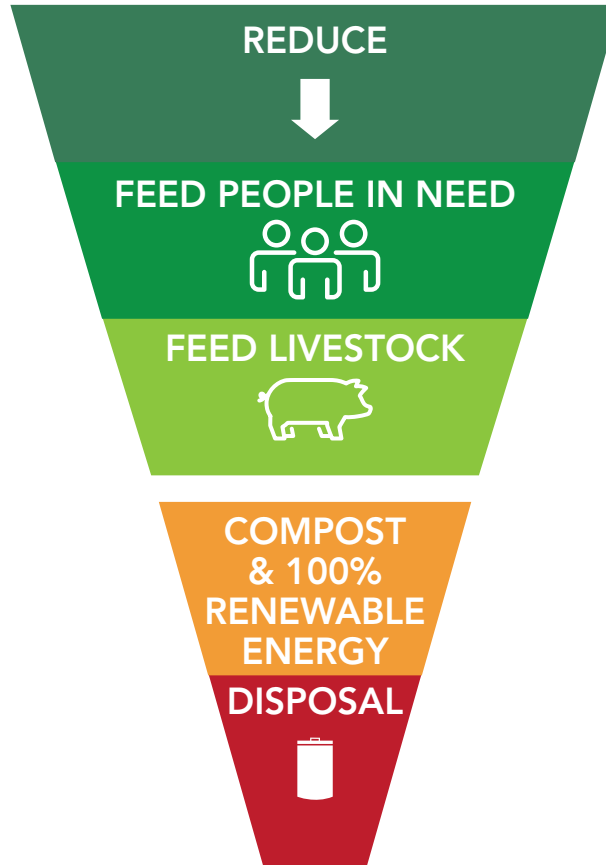
40% OF FOOD IS WASTED

Approximately 40-50 percent of food waste and 50-60 percent of seafood waste in the US happens at the consumer level. In the US, an average family of four wastes 1,160 pounds of food annually.

$160 BILLION LOST FROM WASTED FOOD

The United States as a whole wastes more than $160 billion in food a year. An average family of four wastes about 25 percent of the food and beverages they buy, an average cost of around $1,800 per year.

REDUCE WASTED F·O·O·D

WASTED FOOD HIERARCHY
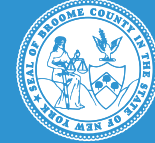
REDUCE

FEED PEOPLE IN NEED

FEED LIVESTOCK

COMPOST & 100% RENEWABLE ENERGY

DISPOSAL

food

TOO GOOD TO WASTE

RecycleRightNY

WASTED FOOD

HOW YOU CAN REDUCE WASTE & SAVE MONEY

REDUCE WASTE

BROOME COUNTY DIVISION OF SOLID WASTE MANAGEMENT

607-778-2250

WWW.GOBROOMECOUNTY.COM/SOLIDWASTE

60 HAWLEY STREET, PO BOX 1766 BINGHAMTON, NY 13901

REDUCING WASTED FOOD AT HOME

PLANNING AHEAD OF TIME

- See what you already have in your refrigerator and plan accordingly.
- Use a meal planner like the Create a Grocery Game Plan Worksheet on www.choosemyplate.gov
- Try finding a new recipe based on what you have left in your refrigerator.

SAVING FOOD

- Save any uneaten food for leftovers when you cook at home.
- Get a take home box when you order too much at a restaurant.
- Move any older meals to the front of the refrigerator so they can be eaten first.

STORING FOOD

- Avoid clutter in your fridge by keeping things neat and visible.
- Overcrowding can lead to forgotten foods that go to waste.
- Freezing fresh foods and leftovers is a great way to preserve them to eat later.

MAKING STORAGE EASY

- Try creating an "Eat First" box which can help keep you aware of what is left in your refrigerator.
- Follow the instructions for a fun way to cut down on wasted food in your home.

"EAT FIRST" BOX

MATERIALS

- Crayons, Colored Pencils, or markers
- Glue Stick
- Small Wooden or Cardboard Box (Shoebox, Celementine Box, Cereal Box, etc.)
- Paper/Index Card

DIRECTIONS

1. For the label write "Eat First" on the index card and color or decorate it.

2. Glue the "Eat First" Label to the box.\ Place the box in a visible area of the fridge. Fill the box with items that need to be eaten first to prevent them from going bad. Make sure to eat the food that ends up in the eat first box!

3. At home, place the box in a visible are of the fridge. Fill the box with items that need to be eaten first to prevent them from going bad. Make sure to eat the food that ends up in the "eat first" box!

4. Continue to use the "Eat First" box by placing older food in it and eating those items first.

Eat First Concept taken by materials supported by New York State Pollution Prevention Institute

MINIMIZE WASTED FOOD

SHOP CAREFULLY

- Avoid buying too much food when you go shopping.
- Make a detailed shopping list with the ingredients you'll need.
- Go to the grocery store more often, and buy less food each time.

BUYING FOOD

- When buying food, don't shy away from "ugly" fruits and vegetables.
- "Ugly" produce is perfectly fresh, nutritious, and delicious.
- Purchase locally sourced produce and other food from places like your local farmer's market.

EXPIRATION DATE CONFUSION

- Sell-by date: a date indicating the recommended time by which an item should be sold.
- Use-by date: refers to the final day that the product will be at its optimum freshness, flavor, and texture.
- Best before date: **When the date is passed, it does not mean that the food will be harmful,** but is a date indicating when an item might begin to lose its flavor and texture.