

TOO GOOD TO WASTE



SCORECARD

Americans
waste roughly
40%
of their food.




125 to 160 billion
pounds of food goes to
waste every year, much of it
perfectly edible and nutritious.
Avoiding food waste is one of
the biggest ways individuals
can impact climate change –
while saving money!

The average American
consumer is throwing away
\$1,300
each year in wasted food.



 @realstlouiseearthday

 @stlouiseearthday

Source: Conrad, Z. (2020) *Nutrition Journal*. 19(35)



WHY SHOULD WE REDUCE FOOD WASTE?

Buying food, then throwing it out, isn't just a waste of money. It's also harmful to the environment. **The good news?** By making a few small changes in our daily lives, we can create a real impact.

What can your household do to help make food #TooGoodToWaste?

Check the things you already do. Circle the things you plan to start doing!

- Planning meals ahead of time
- Making grocery lists and sticking to them
- Labeling leftovers with the date
- Planning meals around food that spoils quickly
- Eating leftovers
- Composting
- Learning what "best by/sell by/use by" dates actually mean



Learn more about food waste here:



www.earthday-365.org

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