The average American consumer is throwing away $1,300 each year in wasted 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!

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