

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:



**18% of
all cropland**



**21% of all
fresh water**



**21% of
landfill volume**

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



**Save Food,
Save Money**

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!

**Plan your
meals &
shop smart**



- ✓ 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.

**Store it
right**



- ✓ 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.

**Understand
date labels**



**Get
creative**



- ✓ 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.

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"We'll Take Care of It"