

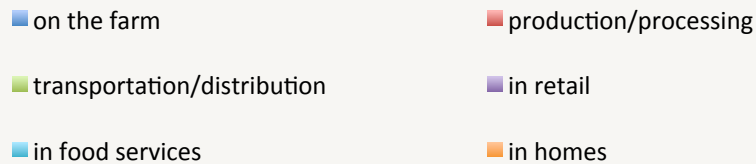
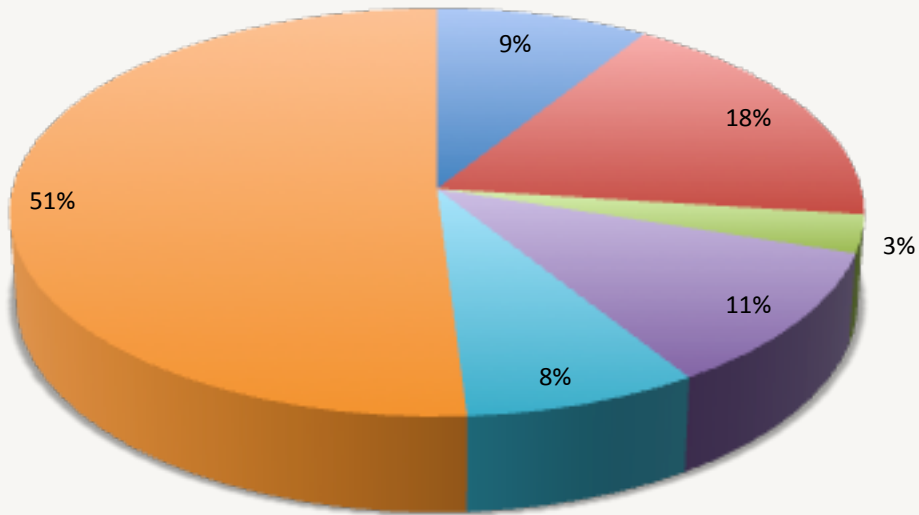
Food Waste Tip Sheet

Did You Know?

Almost half of all food produced goes to waste, discarded at some point in homes, restaurants, grocery stores, or during transportation and processing¹?

Over 30% of produce in North America doesn't even make it onto store shelves because it's deemed not "pretty enough".

On average, food waste costs about \$600/year per person. And when it's not composted, all that food goes to the landfill where it can't break down effectively and contributes to greenhouse gas emissions (methane) and leachate.



The amount of global food waste today is more than enough to feed the nearly 1 billion hungry people in the world!



1. Help end food waste. (N.D.). Retrieved October 20, 2014 from <http://www.davidsuzuki.org/what-you-can-do/food-and-our-planet/help-end-food-waste/>

Food Waste Tip Sheet

📣 Take action! Make sure the hard work and money that goes into food production is not wasted with these simple and effective shopping and storage tips!

> No Cost

- Plan your meals for the week and use a grocery list. Buy perishables only in the quantities that you'll need and try to avoid impulse buys.
- Be open to funny looking produce. A large quantity of food is wasted because consumers don't like the size, shape or colour.
- When unpacking groceries, move new products to the back of the fridge/freezer/pantry and put older products in the front so you can eat them first.
- Leave fruits and veggies out of plastic bags. Not only will you reduce plastic consumption but fresh produce will be able to breathe and keep longer.
- Use your refrigerator properly. Ripening of some fruits and vegetables is actually accelerated by cold, so store those items on the counter instead (ex. Avocados, potatoes, peaches, pears).
- Only wash produce when you are ready to eat it. Moisture advances decomposition and mould growth.



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- Eat the most perishable items first. Some items, like potatoes, will store for much longer than others, like berries.
- Make use of all parts of fruits and veggies. Eat cucumber skins instead of peeling them, eat beat greens in a salad, and eat the shells of sweet peas. Store ends and peels (like onion peels and carrot ends) in the freezer – they are great for making soup stock!
- Have an inventory of items in the freezer. Note when you put an item there so you can use it up before it's too late.
- Monitor what you throw away. Write down everything you throw out on a regular basis and try to correct it – maybe you need to freeze things or just buy less.
- Eat leftovers! Take leftovers to work for lunch or send them to school with your kids. Designate one meal each week as a “use it up” meal. Look around your pantry and fridge for leftovers and other foods that might soon go to waste.
- Make use of produce that's past its peak by making soups, juices, and smoothies or freezing it for later use.
- Donate items you are unlikely to eat to local food banks. You can even donate food scraps to local farmers for feeding pigs or adding to their compost pile.
- Start with less food on your plate. You can always go back for more, but reducing portion sizes is an easy step towards reducing food waste.

> Low Cost

- Learn home preservation skills. Canning, pickling, and dehydrating are great ways to store foods for longer.
- Compost your food scraps. Whether you have a backyard or live in an apartment, there's a compost method you can use to turn your food scraps into nutrient rich compost.
- At restaurants, share a meal with a friend or family member to avoid leftover food that will get thrown out.
- Bring your own container to a restaurant. There's no shame in taking home what you couldn't eat for lunch the next day.



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