

BE A WASTE WARRIOR

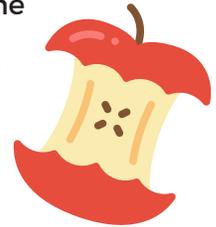


10 FACTS ABOUT FOOD WASTE

1. Every year the United States wastes 40% of the food it produces, which costs over \$160 billion.



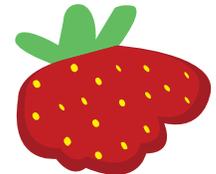
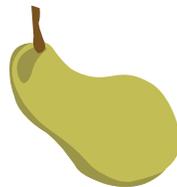
2. On average, 30% of an apple is wasted when we eat it from the side. By eating an apple from the bottom up versus the side, you can eat nearly all of it! Not convinced? Try it for yourself!



3. Food waste means not only throwing away the food itself, but also throwing away the water, energy, fossil fuels, and labor used to produce it.



4. Millions of pounds of fresh produce are wasted each year because consumers “demand” uniform shape, size, and color. Imperfect or “ugly” fruits and vegetables aren’t damaged or rotten and are often sold for discounted prices.



5. Did you know that Chartwells partners with a program called Imperfectly Delicious Produce, which utilizes food that is high quality but would otherwise have been tilled over or dumped into a landfill because it doesn’t meet grocery store cosmetic standards?



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6. Misreading product dates causes about 20% of annual food waste from consumers. “Best if used by” or “sell by” dates tell us when to start checking for signs of spoilage, NOT when the food becomes unsafe to eat.



7. Several apps are available that can help you manage your food waste. “Handpick” helps you plan meals with ingredients you already have and “Food Keeper” is a great resource to learn how to store food to maximize freshness and quality.



8. Root-to-stem cooking uses the entire plant without discarding. Tough roots and stems can be tenderized in soup, leaves can be added to salads and smoothies, and skins can be used to make chips or vegetable stock.



9. Composting uses living organisms like bacteria, fungi, and worms to turn waste into plant fertilizer. Composting keeps food waste out of landfills and naturally replenishes soil with the nutrients crops need.



10. Buying frozen produce is an easy way to limit food waste. Frozen produce has a much longer shelf life, and the freezing process stops nutrients from breaking down during shipping and storage.

