

# Wasted Food: Facts and Impacts

**NO FOOD LEFT BEHIND**  
- CORVALLIS -

**Food waste is a growing problem with profound financial and environmental impacts.**

Food is typically wasted when we buy more than we need, store it incorrectly, throw away leftovers or cook too much.

Americans waste **25 percent** of the food they purchase.



# 49%

of **Corvallis** residents dispose of food in their trash!



is the average **amount spent** each year by a family of four on wasted food.

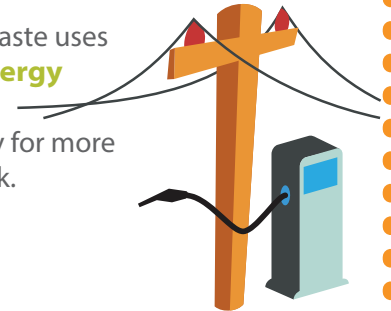
## Wasted Food = Wasted Resources

When we throw away food, we also waste all the water and energy used to produce, package and transport food from the farm to our plates.

U.S. food waste uses 25% of all our **fresh water**.



U.S. food waste uses enough **energy** to power the country for more than a week.



## Food Recovery Hierarchy



### What about Composting?

Composting is simply not a solution to preventing wasted food: food production is very resource-intensive, so a wasted apple also wastes all the water, energy, fuel, labor, money, and love that went into producing it. Composting is only one step better than landfilling. Feeding chickens is even better, but prevention is best!

**Did you know? Wasted food is the THIRD largest contributor to global climate change!**

## So Get Smart! Here's How:

Visit [NoFoodLeftBehindCorvallis.org/smart-strategies](http://NoFoodLeftBehindCorvallis.org/smart-strategies) for **downloadable Smart Strategies**:

- "Eat First!" Sign (pictured at right) for leftovers area in fridge
- Meal Planner and Smart Shopping List to prevent overbuying
- Prep Now Eat Later guide (see reverse) helps make meal prep quick, easy and less painful
- Freezer Inventory so you know what's buried in there
- D.I.Y. Wasted Food Discovery Worksheet to notice what's getting wasted & why, and then prevent it!
- Videos and other tips and tricks, including creative recipes and helpful apps



Come by and see us at the Saturday Corvallis Farmer's Markets:

- Pick up a laminated "Eat First!" Sign (and other Smart Strategies above)
- Pick-up an A-Z Fruit & Veggie Storage Guide to keep food fresh 'til you eat it!
- Play our fun, interactive Fruit & Veggie Storage Game and test your Food Storage IQ!

