

FOOD WASTE

IS AN ENVIRONMENTAL PROBLEM

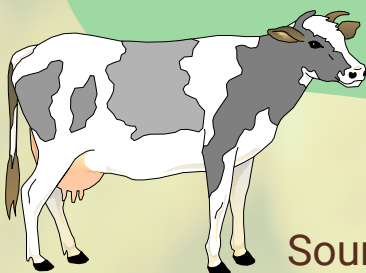


The United States wastes 206 billion pounds of food each year. When the waste ends up in landfill, it produces as much greenhouse gas as 37 million cars. Producing, packaging, serving, and discarding food also adds to pollution in many other ways.



Take out and fast food are a big source of food and plastic waste.

Raising farm animals for meat creates a tremendous amount of CO₂. Farms mass produce livestock and much of it goes to waste.



Holiday meals and Potluck dinners are famous for having too much food and too few people to eat it. For example, during Thanksgiving, 35% of turkey meat ends up in the garbage and food waste increases by 25%.



FOOD WASTE

INTENTIONAL PRACTICES



TAKE OUT

See if you can bring reusable containers and let restaurants know that you are looking to eat at places that have less plastic. Every time you order, ask yourself...

- Do I *really* need a plastic straw for my drink?
- Is there an alternative to plastic cups and utensils, like a large cardboard coffee cup, or my own bottle? Do I have reusable utensils I can use?
- Will I use those little packets of ketchup, mustard, salt and pepper, or just throw them out?

Servers are often trained to hand out these automatically with every order. Let them know what you want to don't want when you order. Then thank them for helping you help the environment!

AT HOME

Meat-free foods with vegetable-based proteins can be delicious and are much healthier. Some vegetable sources of protein include:

- Legumes (lentils and beans)
- Tofu, Seitan, and other meat substitutes
- Whole grains (oats, wheat, quinoa, and spelt)

There are many vegetable-based dairy substitutes available today that can also be swapped in the kitchen, such as Soy and Oat Milk.

*Talk to your child's doctor about healthy protein sources before changing their diet.



Watch for over sized proportions

Plan menus so that there is enough, but not too much, food for everyone.

- At restaurants, consider sharing appetizers and meals.
- Make a habit of eating or composting leftovers instead of throwing them out.