FOOD WASTE 101

DID YOU KNOW?

- One third of the world’s food is wasted instead of eaten.
- Almost 40 percent of the entire US food supply ends up in landfills.
  - Food is the single largest component taking up space inside US landfills, making up 22 percent of municipal solid waste.
- On average, Americans waste 325 pounds of food per person annually, much of which is perfectly safe and edible.
  - Nearly 35 million people across America, including 10 million children, suffer from food insecurity.
- Americans waste more than $408 billion each year on food.
  - Households can save an average of $1,500 per year by eliminating produce waste alone.
- Wasting food contributes to 11 percent of the world’s greenhouse gas emissions.
- According to the World Wildlife Federation, the production of wasted food in the United States is equivalent to the greenhouse emissions of 37 million cars.

- It’s not just the food itself being wasted. It’s money, time, labor, utilities, and other resources that go into the production, transportation, and preparation of food.
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TIPS ON REDUCING WASTE

ON CAMPUS:
- Plan Ahead. You can view menus for Lehigh Dining locations online at lehighdining.com
- Trying something new? Ask for a sample to see if you like it before taking a full portion.
- Eating at Rathbone or Brodhead? Take smaller portions. You can get more food if you’re still hungry after you finish your plate.
- Use an Eco-Container issued by Lehigh Dining Services to package your leftovers to eat later.
- Hosting an event? Donate leftovers through the Hungry Hawks app.

AT HOME:
- Take inventory of your refrigerator, freezer, and pantry before going to the store to prevent overbuying. Follow a written grocery list and avoid unnecessary bulk buying and impulse buys.
- Create a meal plan to shape your shopping list.
- Store food correctly to avoid spoilage.
- Use leftover ingredients creatively. Repurpose fruits and vegetables into smoothies. Vegetables, rice, meat, and cheese can also be used to make soups, “kitchen sink” meals, loaded nachos, casseroles, kabobs, sandwiches, etc.
- Compost food scraps and other unusable ingredients instead of tossing them in the trash.