

Buy only what you expect to use and prepare perishable foods first

Donate nutritious, safe and untouched food to food banks to help those in need

Use up old ingredients and leftovers

Compost food scraps rather than tossing in the trash

Store fruits and vegetables for maximum freshness

If food waste was a country, it would be the 3rd largest greenhouse gas emitting country in the world!

(United Nations 2011 Report)



Food scraps represent 20-25% of the waste that is disposed as trash!