

Honor the harvest

Nearly 40% of our food ends up in landfills¹ – while 1 out of 9 Americans go hungry.²

Reduce food waste^{1,3,4}

400 pounds of food per person, per year

1.1 pounds of food per person, per day

\$266 billion

30 million acres of land

4 trillion gallons of water

Reduce hunger



37 million Americans and **12.5 million** children were food insecure in 2018, and numbers are climbing in the pandemic.⁵



A \$400 emergency is enough to force one-third of Americans to go hungry.⁶

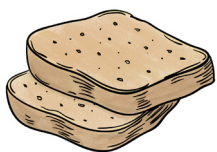


\$59.2 million in health care costs are associated with food insecurity.⁷



Children are more food insecure than any other group and vulnerable to multiple adverse health conditions.⁷

Are you wasting these top five foods?



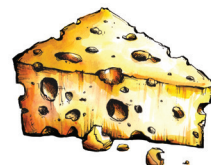
Bread



Milk



Potatoes



Cheese



Apples

Change in Your Home

Often, the food that gets thrown away is the food that is the healthiest for you.^{1,4} And while food waste is a global systemic issue, decreasing what we throw away at home is the number one way to stop waste – while benefiting your wallet, your waistline and your culinary skills.⁴

- **Shop your fridge and pantry.** Get creative with recipes based on the ingredients you have on hand. Find ideas at FridgeToTable.com.
- **Plan for a leftover night each week.** Try repurposing leftovers into new dishes or “planned overs.” Leftover roast turkey or chicken are great in enchiladas, salad, soup or chili.
- **Know about “use by” and “best by” dates.** They aren’t expiration dates – just the dates for best quality. These products are still safe to use after that date if they’ve been stored properly. Milk may last more than a week past the “best by” date!
- **Get innovative with dairy.** Combining dairy with canned fruits or vegetables is a great way to prepare nutritious and affordable meals. Find ideas in our “20 Ways to Use Milk” handout – just search “20 Ways” at DairyMAX.org/downloads.
- **Practice the first in, first out method.** To minimize food waste and foodborne illness, rotate newer foods to the back and older foods to the front of your fridge or pantry for easier access.^{1,3} Learn more at SaveTheFood.com/storage.
- **Spread the word.** Hop on social media, present to your colleagues or write to your local paper to share ideas for reducing waste. Find ideas at EPA.gov/recycle/reducing-wasted-food-home.

Change in Your Community

- **Connect people to resources.** Leaders such as health care practitioners, employers and nonprofit organizations can provide lists of local food banks, applications to community SNAP outreach programs and other helpful resources.
- **Advocate for local anti-poverty programs.** Support food pantries, assistance programs and nutrition education programs, which are linked to less food waste among those who need it most.
- **Donate funds to food banks.** Nonperishable food donations are essential, but monetary donations help food banks provide fresh fruits, vegetables, breads, dairy and meat.

Milk Is Especially Crucial

Most requested.

Milk is highly requested in food banks thanks to its taste and nutrient density: One creamy cup contains nine essential nutrients including calcium, vitamin D and 8 grams of protein.

Yet least accessible.

Although one cup only costs about a quarter, milk is logistically challenging to procure and distribute, especially during the pandemic, because it is perishable and requires refrigeration.

You Can Help

Donate to the Great American Milk Drive at MilkLife.com/give

An online initiative to convert monetary donations into milk deliveries.

References

1. Vogliano, C. & Brown, K. (2016, September). The state of America’s wasted food & opportunities to make a difference. The Academy of Nutrition and Dietetics. <https://eatrightfoundation.org/wp-content/uploads/2016/09/The-State-of-Americas-Food-Waste-Report.pdf> 2. Coleman-Jensen, A., et al. (2019). Household Food Security in the United States in 2018. U.S. Department of Agriculture Economic Research Service. Available online at: <https://www.ers.usda.gov/webdocs/publications/94849/err-270.pdf?v=963.1> 3. Gunders D, Bloom J, et al. Wasted: How America is losing up to 40 percent of its food from farm to fork to landfill. Web accessed August 28, 2020. <https://www.nrdc.org/sites/default/files/wasted-2017-report.pdf> 4. Further with Food: Center for Food Loss and Waste Solutions (2019, March 28). News and Updates. <https://us15.campaign-archive.com/?u=78fbef6806ed36a9a8bd00f1d&id=475d410786> 5. Feeding America. (2018). Poverty and unemployment impact food insecurity. Web accessed July 24, 2020. <https://www.feedingamerica.org/research/poverty-and-unemployment> 6. USDA Economic Research Service. (2019, August 20). Economic Linkages: Supplemental Nutrition Assistance Program (SNAP) Linkages with the General Economy. Web accessed July 28, 2020. <https://www.ers.usda.gov/topics/food-nutrition-assistance/supplemental-nutrition-assistance-program-snap/economic-linkages/> 7. Feeding America Research. (2019, July 17). The Health Costs of Food Insecurity Web accessed July 24, 2020. <https://public.tableau.com/profile/feeding.america.research#!/vizhome/TheHealthcareCostsofFoodInsecurity/HealthcareCosts>