

WORKING TOGETHER WE CAN HONOR THE HARVEST AND NOURISH PEOPLE

Honoring the Harvest is about using food for its highest purpose - to nourish people - and moving nutrients through the food system from people, to animals and back to the land to grow more food rather than going to waste in a landfill.

In a typical week, an average American family of four purchases approximately 96 lbs. of food, and of that **22 lbs. (about 23%) go to waste in the home.**



That's almost like buying four bags of groceries and tossing one in the trash!

BECOME A FOOD WASTE WARRIOR

Take these simple steps:

- Start with meal planning
- Buy and eat just what you need
- Make the most of leftovers
- Master food storage
- If you do have extra food, donate it to those in need in your local community

Pay it forward:

A family of four that buys and eats just what they need would save approximately **\$4.06 a day**, which adds up to **\$1,484 per year**



The savings can be put to good use for your family or your community. Just half the annual savings would be enough to provide food-insecure neighbors with up to **8,162 meals** through food banks.

PEOPLE FACE FOOD INSECURITY IN EVERY COMMUNITY IN THE COUNTRY

1 in 6
CHILDREN IN THE U.S.
LIVED IN FOOD-INSECURE
HOUSEHOLDS IN 2015



20 families
working together
in the same way



Help the planet, too:

Reducing food waste keeps food out of landfills, conserving valuable resources and reducing methane emissions.

A family of four that buys and eats just what they need could reduce its annual carbon footprint by **4,587 LBS**

That's like driving
4,987
FEWER MILES
PER YEAR



LEARN MORE AT FURTHERWITHFOOD.ORG

©2017, Innovation Center for U.S. Dairy | Figures have been rounded. Sources by section: **Introduction** Food purchase and waste estimates from Buzby, J. C., Wells, H. F., & Hyman, J. (2014). *The estimated amount, value, and calories of postharvest food losses at the retail and consumer levels in the United States*. EIB-121, ERS, USDA. **Take these simple steps** "Food waste warrior" and steps: Gunders, D. (2015). *Waste free kitchen handbook*. San Francisco: Chronicle Books. Food insecurity in every community: Feeding America, Mind the Meal Gap, map.feedingamerica.org. Data for children: Coleman-Jensen, A., Rabbitt, M., Gregory, C., & Singh, A. (2016). *Household food security in the United States in 2015*. ERS, USDA. **Pay it forward** Savings from Buzby, Wells, Hyman (2014). Meals provided is based on donation to Feeding America (www.feedingamerica.org/ways-to-give/); number of meals can vary by location. **Help the planet** Reduction in carbon footprint is based on EPA WARM report, 2016, www.epa.gov/sites/production/files/2016-03/documents/warm_v14_organic_materials.pdf. Equivalence calculation: www.epa.gov/energy/greenhouse-gas-equivalencies-calculator.

**INNOVATION
CENTER FOR U.S. DAIRY.**
HEALTHY PEOPLE • HEALTHY PRODUCTS • HEALTHY PLANET

NDC
NATIONAL DAIRY COUNCIL™