



**TOGETHER
@WORK™**

FOOD FOR THOUGHT

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FOOD WASTE GUIDE



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BECOMING A CONSCIOUS FOOD CONSUMER

What we eat and how we shop for food creates ripple effects that extend well beyond our families and communities. By being a conscious food consumer, we can take positive steps to address this serious problem and minimize our food footprint locally and globally.

Preventing food waste takes a bit of creativity, but not much time. Talking about food and food waste with your friends, coworkers and household is a great way to start making changes. It's up to all of us to accept the challenge and become Food Waste Warriors.

By 2050, the world's population will reach 9 billion and the demand for food will double.

Producing enough food for the world's population while limiting our impact on the environment is one of the biggest challenges of our time.

Food production accounts for as much as 30% of global greenhouse gas emissions and is a main contributor to deforestation and the depletion of global water sources. Our agricultural, aquaculture and fishing resources are strained, yet there are about 1.3 billion tons of food wasted each year around the world. That's about a third of our total food production! This waste affects not only the environment, but also your wallet. American families throw out approximately 25 percent of the food and beverages they buy. The cost estimate of this waste for the average family of four is \$1,365 to \$2,275 annually.

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*When we throw away
food, we're also
throwing away the land,
water and energy used
to produce that food.*

Pete Pearson—
Director of Food Waste,
World Wildlife Fund (WWF)

Try adding one simple action every week to manage your food waste and become a conscious consumer.

SEPARATE AND MEASURE

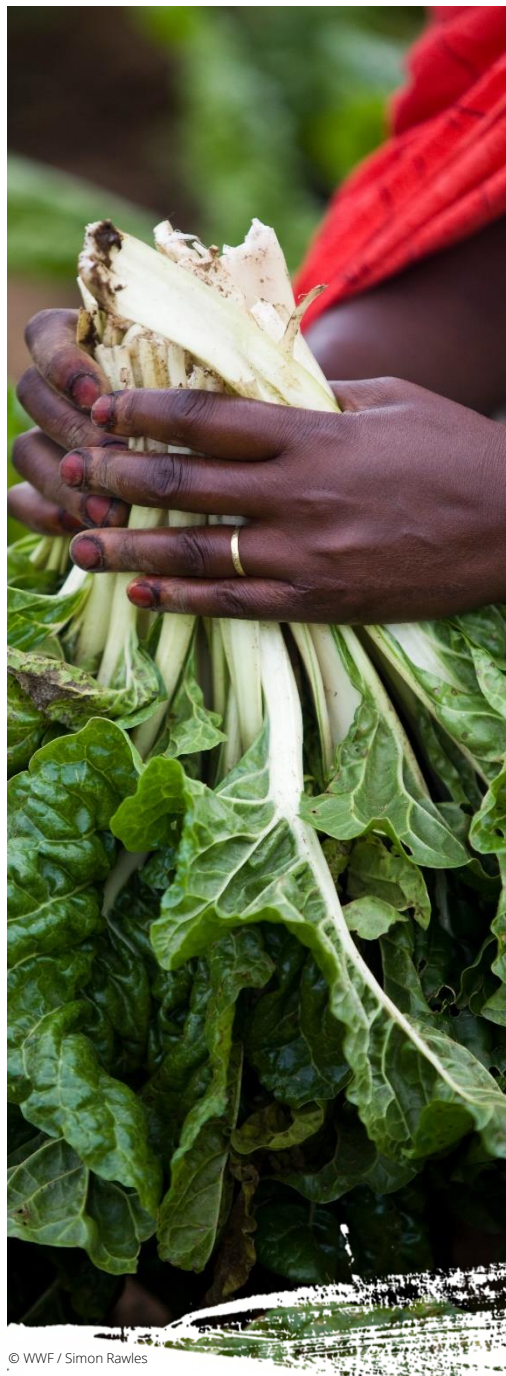
Separating food waste from the trash is an easy way to measure how much you throw out. Explore composting options through resources in this guide.



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SHOP SMART

Planning ahead, by making a meal plan, checking your fridge and writing a grocery list will help reduce food waste. Also, purchasing both fresh and frozen produce will help ensure you have food both near-term and longer-term.



© WWF / Simon Rawles

EAT DOWN YOUR FRIDGE

Planning a meal? Start with what you already have. Jazz up aging produce by cooking them and adding your favorite spices. Vegetables past their prime can easily go into sauces, and vegetable trimmings make great soup stock.

GIVE OVERRIPE FRUITS A SECOND LIFE

When fruits start to go bad, peel, wrap and freeze them to bake or add to a smoothie. Or, make a preserve!



© WWF / Richard Stonehouse

BECOME A FOOD WASTE WARRIOR

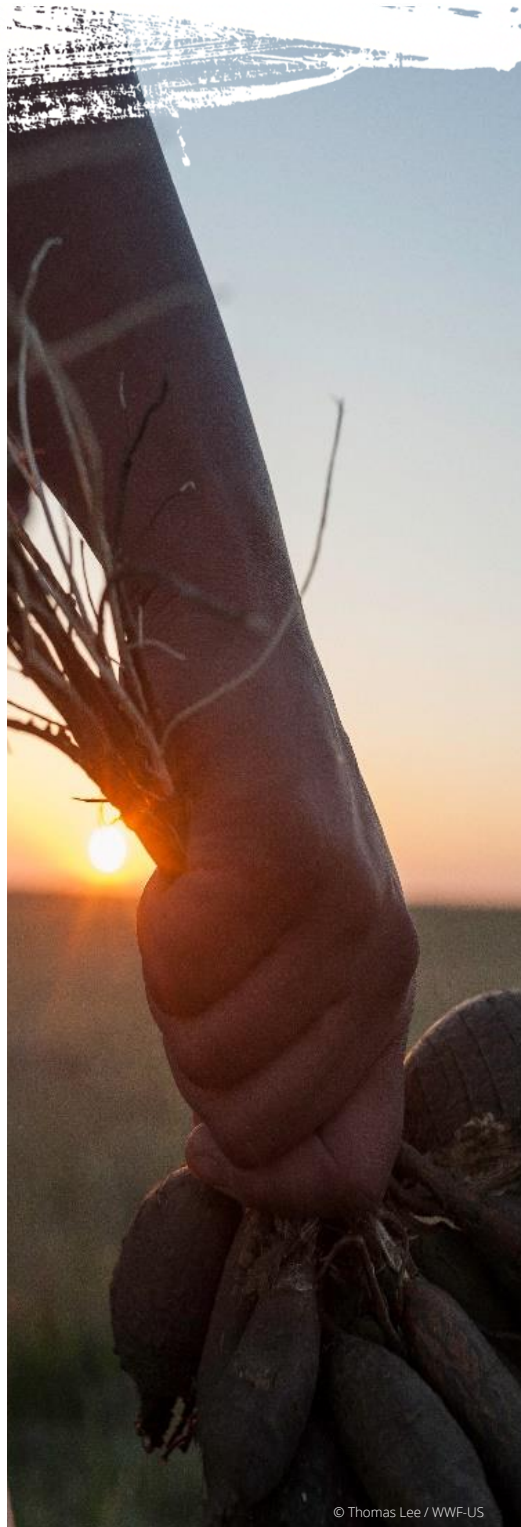
If you have children in grades 5-12, talk to their teachers and faculty about enrolling in **WWF's Food Waste Warrior Program**, which helps students develop math and science skills as they conduct an audit of their school's food waste and learn how food impacts the environment.



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DON'T WORRY TOO MUCH ABOUT DATES

Food is often still perfectly edible when sell-by or expiration dates have passed. Use the dates as a guideline and trust your senses. Give it a smell or taste before tossing an item out - it might just save you a trip to the store and some money.



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© Martin Harvey / WWF

THE FREEZER IS YOUR FRIEND

If you don't like eating the same thing two days in a row, freeze a portion to reheat later. If you buy in bulk, divide it up immediately into portions that are easier to use and freeze the rest. And if you're going to cook fruits or vegetables, choosing frozen products can help ensure they don't go bad before you're ready to use them.

COMPOSTING IS GOOD FOR FOOD WASTE AND THE GARDEN

If you don't have an outside area for composting, look into using a community garden or a collection service - they'll even provide you with a bucket and pickups. However, we don't grow food to compost it! Be mindful and still try to create as little compost as possible. To get the low down on what can or can't be composted, [click here to get started](#).

To create a sustainable food system, we need to change how we think about food



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Food waste is everyone's business. WWF is working with businesses in the hospitality, retail, and food service industries, and with schools and farmers to explore how to reduce waste from field to fork to landfill. WWF's Markets Institute and Food Waste team are working to develop the best strategies to measure and prevent food waste.

Read more about what WWF is doing to fight food waste.

DID YOU KNOW?

The 1.3 billion tons of food wasted each year is more than three times the amount needed to feed the roughly 800 million people who are malnourished.

A man wearing a light-colored cowboy hat, a dark jacket, and blue jeans is riding a white horse. The scene is set against a sunset sky with warm orange and pink tones. The horse is facing left, and the rider is looking forward. The ground is covered in tall, dry grass and some snow.

OTHER WAYS TO HELP

Talk with your facilities team

There may be ways to improve your office's waste system. Composting is an option, as well as food donations to local nonprofits.

Take a picture of your refrigerator

How much food are you going to throw out? How are you going to change your food waste habits? Take a picture of your fridge and make a personal pledge to combat food waste! Get friends, family and coworkers to join in; help each other achieve your goals and make it fun!

Donate— Help us reduce waste at scale

WWF is helping farmers get more food from farm to shelf, hotels and retailers keep more food out of the trash, and even students develop good habits that will enable them to save food for life. Your support will help WWF further its important work.

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