

# Food Waste is a Main Cause of the Climate Crisis

## Benefits of Reducing Food Waste



**Saves money** from buying less food.



**Reduces methane** emissions from landfills.

**Conserves energy and resources**, preventing pollution involved in growing, manufacturing, and transporting wasted food, and in hauling food waste to the landfill.



### SHOPPING

**Plan your meals** for the week before you go shopping and buy only the things needed for those meals.



**Look in your refrigerator** and cupboards first to avoid buying food you already have.

**Make a list** each week of what needs to be used up and plan upcoming meals around it.



**Buy only what you need and will use.** Buying in bulk only saves money if you are able to use the food before it spoils.



### STORING

**Freeze food** such as bread, sliced fruit, or meat that you know you won't be able to eat in time.



**Prep your ingredients** When you get home from the store, take the time to wash, dry, chop, and place your fresh food items in clear storage containers.



**Many fruits give off natural gases** as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.



**Wait to wash berries** until you want to eat them to prevent mold.



**Store fresh herbs in water** to make them last for 3 weeks.



**Store your lemons in water in the fridge** to make them last up to 3 months.



**Store strawberries in a glass jar** to make them last a week longer.



**Freshen up limp lettuce** by letting leaves sit in cold water for 30 minutes to crisp up.



**Repurpose** Use leftover fruits and veggies in smoothies, soups and sauces.



**Put food waste in your green compost cart** instead of the garbage.



Sources: USDA, EPA

Learn more at [ExtraFood.org](https://www.ExtraFood.org)