



FOOD WASTE

AND THE ENVIRONMENT

WHAT IS FOOD WASTE?

Food waste refers to food appropriate for human consumption being discarded, whether or not after it is kept beyond its expiry date or left to spoil. Often this is because food has spoiled but it can be for other reasons such as oversupply due to markets, or individual consumer shopping/eating habits. <https://www.eu-fusions.org/index.php/about-food-waste/280-food-waste-definition>

DID YOU KNOW?

Food waste that ends up in landfills produces a large amount of methane – a more powerful greenhouse gas than even CO₂. For the uninitiated, excess amounts of greenhouse gases such as methane, CO₂ and chlorofluorocarbons absorb infrared radiation and heat up the earth's atmosphere, causing global warming and climate change. <https://move-forhunger.org/the-environmental-impact-of-food-waste>

HOW TO REDUCE Your Food Waste

- Buy only what you need and will actually use - avoid buying food in bulk.
- Shop based on family size and amount of food each person eats.
- Plan meals ahead to avoid over-buying items.
- Freeze items to save them for a later time.
- Cook enough for leftovers.

HOW TO REDUCE Your Environmental Impact

- Develop better food harvesting, storing, processing and distributing methods.
- Redistribute oversupplied food to those in need.
- Avoid plastic materials - Helps reduce ocean pollution.
- Print double sided - Helps to save paper and trees.
- Compost and recycle items.
- Watch your water use.
- Use reusable items.

TOGETHER WE CAN HELP REDUCE THE NEGATIVE IMPACTS OF FOOD WASTE ON THE ENVIRONMENT

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