What is wasted food?

According to the Environmental Protection Agency, wasted food is wholesome, nutritious food that is lost or sent for disposal.

When does food waste happen?

At any point in the food journey:

- Transportation
- Farmhouse
- Supermarket
- Market
- Consumer

Food Recovery Hierarchy

1. Reduce
2. Feed People in Need
3. Feed Livestock
4. Compost & 100% Renewable Energy
5. Disposal

United Nations Food and Agriculture Organization (UNFAO)

bit.ly/UNFoodWaste

United States Department of Agriculture (USDA)

bit.ly/USDAFoodDating

Cambridge Department of Public Works (Cambridge MA)

cambridgema.gov/compost

Massachusetts Guidelines

RecycleWorksMA.com

Harvard Food Law and Policy Clinic

bit.ly/HarvardFoodLawPolicy

In the United States

38 Million Tons

of food is wasted a year

When food is wasted, the water, gas, energy, labor, pesticides, land, & fertilizers used to produce it are also wasted.

42 Million people in the U.S. live in food insecure homes

Food rotting in landfills creates methane gas

Methane is a greenhouse gas 25 times more potent than carbon dioxide.

Studies show that 20% of all U.S. methane emissions come from landfills, as the largest component of municipal solid waste that goes into landfills. Food waste makes a significant greenhouse gas footprint.

WANT MORE INFORMATION?

Reducing Food Waste in Cambridge

www.CambridgeMA.gov/Glocal
Expiration dates are often misleading, which results in edible food being thrown away. Despite what consumers may believe, food labels such as “sell by,” “use by,” and “best by” are not based on food safety.

There are currently no federal laws regulating date labels. The Food and Drug Administration does not require date labels (except on infant formula).

SMELL IT!
LOOK AT IT!
TASTE IT!
FREEZE IT!
Portion-sized
Airtight packages
On or before labeled date

COOK IT!
Find recipes at eatbydate.com

PLAN MEALS!

GIVE BACK!
Greater Boston Food Bank: gbfb.org
Food for Free: foodforfree.org
Lovin’ Spoonfuls: lovingspoonfulsinc.org

EXPIRATION DATES

How Long After theExpiration Date is it Good?

Always remember when in doubt, throw it out!

For more Information
eatbydate.com

EGGS
21 days (in shell)
7 days (boiled & in shell)
3 days (substitutes)

6 months
Fish/Meat (frozen)

5 days
Milk

14 days
Cheese

2 days
Cut fruits & veggies

1 year
Cans & Jars

6 days or months
Frozen Bread

4 months
Cereal

1 year
Dried pasta & beans

14 days

5 days
Cheese

5 days

1 day

Now you know how to save
More Food,
More Money,
And the Earth!

Think before you throw away!