

WHY IS WASTED FOOD A PROBLEM?

According to the Food and Agriculture Organization of the United Nations, about 1.3 billion tons, or 1/3 of all food produced worldwide for human consumption was wasted in 2011.

**In the United States
38 MILLION TONS
of food is wasted a year**

The USDA estimates that in 2010 one-third of all fruits and veggies purchased in the US was wasted.

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

WANT MORE INFORMATION?

EPA FOOD RECOVERY HIERARCHY

- REDUCE
- FEED PEOPLE IN NEED
- FEED LIVESTOCK
- COMPOST & 100% RENEWABLE ENERGY
- DISPOSAL

United Nations Food and Agriculture Organization
bit.ly/UNFoodWaste

United States Department of Agriculture
bit.ly/USDAFoodDating

Cambridge Department of Public Works
cambridgema.gov/compost

Massachusetts Guidelines
RecycleWorksMA.com

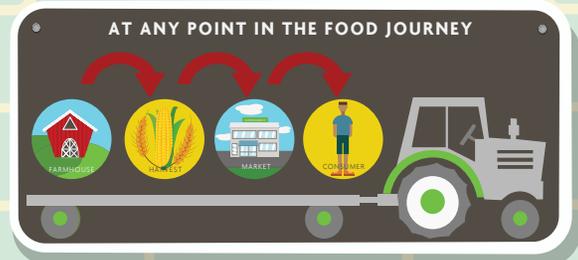
Harvard Food Law and Policy Clinic
bit.ly/HarvardFoodLawPolicy

REDUCING FOOD WASTE IN CAMBRIDGE

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?



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 GREEN HOUSE GAS FOOTPRINT.



A PRODUCT OF THE GLOCAL CHALLENGE

www.CAMBRIDGEMA.GOV/GLOCAL

EXPIRATION DATES

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).

WHAT CAN YOU DO?

- 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: lovinspoonfulsinc.org

HOW LONG AFTER THE EXPIRATION DATE IS IT GOOD?

Always remember when in doubt, throw it out!

- 6 Months Fish/Meat (frozen)
- 5 Days Milk
- 14 Days Cheese
- 5 Days or 6 months frozen Bread
- 1 Year Cans & Jars
- 1 Year Dried pasta & beans
- 4 Months Cereal
- 2 Days Cut fruits & veggies



THINK BEFORE YOU THROW AWAY!

NOW YOU KNOW HOW TO SAVE MORE FOOD, MORE MONEY, AND THE EARTH!