



Reduce Food Waste

Buy What You Need

Americans waste about 25% of all food and drinks we buy. That's \$130 every month! When we throw away food, we waste all the water, energy and fuel used to produce, package and transport the food from the farm to our plates. This holiday season, follow these tips to avoid wasting food.

Plan ahead. Make your shopping list based on how many meals you will eat at home and the timing of your next shopping trip.

Double Check. Take inventory of your fridge and cupboards to avoid buying food you already have on hand.

Be Specific. Include quantities on your shopping list to make sure you buy just what you need.

Choose loose fruit and vegetables over pre-packaged and buy bulk grains, beans and pastas to better control the quantity you purchase.

Ask for and buy “imperfect” fruit and vegetables. This helps reduce the amount of perfectly good food that is thrown out by stores.

Food: Too Good To Waste. (n.d.). Retrieved November, 2016, from <http://your.kingcounty.gov/solidwaste/wasteprevention/too-good-to-waste.asp>