

EVERYONE PLAYS A PART IN REDUCING FOOD WASTE

WHAT FARMERS ARE DOING



Buying products that can't be consumed by humans (like skins, cobs, and stalks) for animal feed and bedding.



Adding refrigeration to farms to prevent spoilage before transportation.



Using on-site processing to reduce transportation time and utilize items otherwise discarded.



Upcycling products directly on the farm.



Working with companies to incorporate food waste reduction awareness and goals.

WHAT YOU CAN DO



Plan meals in advance to utilize the food you already have.



Organize your food storage so you know what you have on hand.



Cut vegetables and fruit as you use them to extend the shelf life.



Keep food in the fridge or freezer to extend shelf life (even foods that are ok to keep on the counter).



If a "best before date" is approaching, store the item in the freezer up to 6 months.



AN AVERAGE CONSUMER CAN SAVE UP TO \$1,100 PER YEAR BY REDUCING THE FOOD THAT IS WASTED AT HOME.

TOP TEN TIPS FOR SUCCESSFUL MEAL PLANNING

1

Prior to meal planning, make a kitchen inventory list.

6

Plan for leftovers!

2

Write down meals you would like to eat on a calendar, noting if meals need to be quick or on-the-go.

7

Get everyone in the household involved.

3

Make a "go-to" recipe list. Try to incorporate at least one new recipe each week!

8

Stay flexible with your meal plan to swap things around when needed.

4

Make sure to include a balance of fruits, vegetables, protein, and grains.

9

Set aside a consistent time each week for meal planning.

5

Double your recipes when you can to make for easy weeknight meals or lunches.

10

Find meal planning tools that work for you, like apps, worksheets, and services.



LEARN MORE AT FBMN.ORG

SOURCES: BEST FOOD FACTS (BESTFOODFACTS.ORG),
U.S. FARMERS & RANCHERS IN ACTION (USFARMERSANDRANCHERS.ORG)