

Food: Too Good To Waste

Facts and Impacts

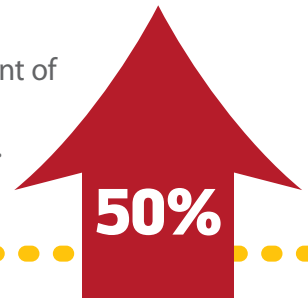
Food waste is a growing problem with profound financial and environmental impacts.

Food is typically wasted when we buy more than we need, store it incorrectly, throw away leftovers or cook too much.

Americans waste **25 percent** of the food they purchase.



Increase in amount of food **wasted** per capita since 1974.



Wasted Food = Wasted Resources

Average **amount spent** each year by a family of four on wasted food.

When we throw away food, we also waste all the water and energy used to produce, package and transport food from the farm to our plates. U.S. food waste uses:

25% of all our **fresh water**.



Enough **energy** to power the country for more than a week.



33%

Food Waste Impacts in King County, Washington

Percent of single-family household garbage disposed in Cedar Hills Regional Landfill that is food.

Number of pounds of **food waste** the average single-family household throws out each year.



Harmful greenhouse gas **emissions** resulting from food consumption (from farm to plate) are second only to the emissions from personal transportation.



We can make a BIG difference today!

By making small shifts in how we shop, store, and prepare food, we can

- save money
- eat well
- keep the valuable resources used to produce and distribute food from going to waste.

Visit recyclefood.com for tips and tools about how to prevent food waste at home.



TOO GOOD TO WASTE



King County

Sources: Economic Research Service, 2010. *Loss-Adjusted Food Availability*; *The Progressive Increase of Food Waste in America and Its Environmental Impact*, 2009, Hall et al; PLOS one Journal; *The Climate Change and Economic Impacts of Food Waste in the United States*, Venkat, 2012; King County Solid Waste Division 2012 estimate (based on 2011 King County Waste Characterization and Customer Survey Report October 2012); *Greenhouse Gas Emissions in King County*, 2012.