

A national event. Real food. Just food.



The Health & Wellness Coalition Healthy Eating Committee is focusing on Food Waste to Celebrate Food Day 2016



Food Day inspires Americans to change their diets and our food policies. Every October 24, thousands of events all around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies.

This four part newsletter series will feature the following themes:

- 1. Defining the issue - week one**
2. Sell by/Use by, what is food waste? - week two
3. What can you do to reduce food waste? - week three
4. What is being done in the community? - week four

Love Letter to Food



Watch this informative, three-minute video, developed by the Food Policy Research Center at the University of Minnesota.



The Food Recovery Hierarchy prioritizes actions organizations can take to prevent and divert wasted food. Each tier focuses on different management strategies for your wasted food:

- [Source Reduction](#)
- [Feed Hungry People](#)
- [Feed Animals](#)
- [Industrial Uses](#)
- [Composting](#)

Facts on Food Waste

- A family of four throws out an average of \$1,484 in household food per year.
- Over 50% of American households throw away food they bought but never used.
- An estimated 25 - 40% of food grown, processed and transported in the US will never be consumed.
- When food is disposed in a landfill it rots and becomes a significant source of methane - a potent greenhouse gas with 21 times the global warming potential of carbon dioxide.
- 133 billion pounds of food is wasted per year. That represents 1,249

calories per person, per day.

Benefits of Reducing Wasted Food

1. Saves money from buying less food.
 2. Reduces methane emissions from landfills and lowers your carbon footprint.
 3. Conserves energy and resources, preventing pollution involved in the growing, manufacturing, transporting, and selling food (not to mention hauling the food waste and then landfilling it).
 4. Supports your community by providing donated untouched food that would have otherwise gone to waste to those who might not have a steady food supply.
-
-

Follow the Health & Wellness Coalition on Facebook

