

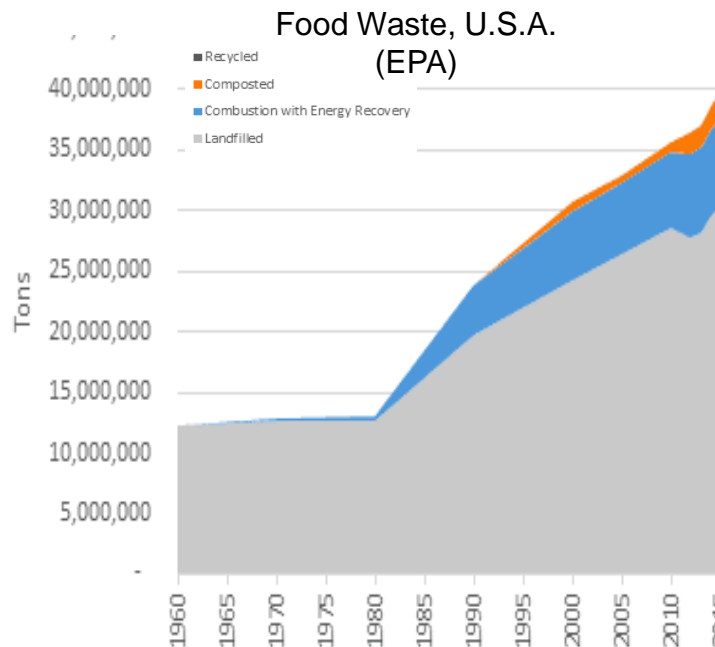


## WASTE LESS FOOD FEBRUARY ENERGY ACTION SHEET

This month's projected annual savings: up to \$1800; 2.7% of energy use

This month see how much you can reduce your household's food waste. ***The average American household wastes nearly one third of the food it buys – costing an average of \$1800 a year.***

Producing, transporting and disposing of all that food takes a huge amount of energy. **In fact, producing and transporting our food accounts for one seventh of our total energy use.** Cutting down on food waste costs nothing and can save a lot on grocery bills and a lot of energy..



References available upon request from [CreationCarePartners@gmail.com](mailto:CreationCarePartners@gmail.com). This info sheet employs the Task of the Month concept developed by Dr. Stephanie Kimball for Earth Care, an affiliate of Hoosier Interfaith Power & Light.

## HOW TO DO IT: TIPS FOR REDUCING FOOD WASTE

Before getting started, discuss this with others in your household with whom you share food. How does each of you feel about reducing your food waste? What challenges do you foresee? How might you overcome them? Doing this in a way that respects everyone's concerns and desires will make it much easier. Here are some other keys to success.

### Make a list: buy just what you need.

- Before shopping, check what you already have.
- Plan your meals: how much of what will you need?

### Organize your fridge.

- Give leftovers top-shelf booking – or make [an “Eat First”](#) section.
- Put newly-bought produce in back of the old.
- Store fruits and veggies in the fridge except for:
  - bananas, mangos, papayas, and pineapples
  - potatoes and onions (store in a dark place)
  - basil and winter squashes before they're cut

### Use leftovers.

- Eat them for lunch. (Save energy AND money.)
- Add them to soups, stews and baked dishes.
- Serve them as a side dish or in a weekly leftovers dinner.

**Add older fruits and veggies to soups, stir fries, smoothies and stews.**

**Freeze food that would otherwise spoil.** This [freezing guide](#) can help.

**An important P.S.** Unlike reducing food waste, buying local or organic does **NOT** save much energy. The transport from farm to store represents a tiny part of a household's energy footprint – less than 0.6%!

## CAUSES OF FOOD WASTE



Improper storage



Overproduction



Oversized portions



Cosmetic standards



Confusing food labels



Buying too much



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