

The Gainesville Zero Waste News

Food Waste Prevention Week, April 1-7

You're way too smart to waste food and money – right? However, studies show that the average American household wastes up to 35% of the food they buy annually. With **Food Waste Prevention Week** starting April 1st, it's a great time to put this issue on the menu. Let's raise awareness and get our appetites going for some satisfying solutions.

Food Waste Prevention Facts:

- **Saves Money** – Simply by eating the oldest food in your fridge first, freezing leftovers, and not overbuying at the grocery, a family of four can save up to \$1,600 a year.
- **Conserves Resources** – The land, water, energy, and human labor used in food production are incredibly valuable. Growing, packaging, and processing food requires a lot of energy, with food transportation alone accounting for the emission of 3.7 billion tons of carbon dioxide.
- **Enhances Food Security** – Safe and nutritious food that gets discarded could instead be utilized to feed those in need, like the 2.3 million Floridians facing hunger – including more than 600,000 children. Let's bolster food security and help our hungry neighbors.
- **Fosters Mindfulness** – Making rash grocery purchases, such as buying new items when the same items are already in our fridge, increases food waste. Focusing on reducing waste has the added benefit of making us more aware of our actions and overall better lifestyle choices.



We hope your mouths are watering for all the ways we can reduce waste, save money, and take better care of our resources during Food Waste Prevention Week and beyond!

For more info and local events, visit FoodWastePreventionWeek.com.

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