

# How Much Food Does the U.S. Waste?

About 30 to 40% of our country's food supply is wasted every year.<sup>1</sup>

40% wasted



That's an average of 219 pounds of food wasted per year per person.<sup>2</sup>



That's like every person throwing 650 apples right into the garbage every year.<sup>2</sup>

<sup>1</sup> US Department of Agriculture  
<sup>2</sup> RTS, Food Waste in America in 2022: Statistics & Facts

Find more tips and resources at [longbeach.gov/lbrecycles](http://longbeach.gov/lbrecycles)



## Join us online!

[www.longbeach.gov/lbrecycles](http://www.longbeach.gov/lbrecycles)

Join other LB Recyclers in shaping and sharing environmental knowledge and behaviors.

Find resources and workshops on recycling and waste reduction on our website.

### Join the conversation



@LBRecycles

# Reduce Food Waste at Home

## A guide to prevent waste, save money, and help the community



# Get the most out of your food purchases

Know what's in your pantry and fridge



Create a meal plan and grocery list

Find recipes to use up food that's about to expire



Buy only what your household will eat



Use the bulk section to choose the right amount



Choose items with less packaging



# Be in the know about food dates and safety

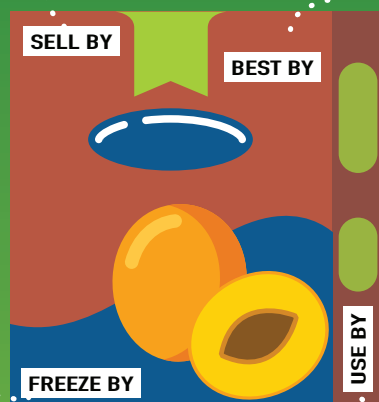
## Become an expert at reading date labels

### SELL BY

Tells stores how long to display the product

### BEST BY / BEST BEFORE

Tells when a product will be of best flavor or quality



### FREEZE BY

Tells the last date when a product should be frozen to maintain peak quality

### USE BY

Tells the last date recommended for peak nutritional value. The FDA recommends disposing of infant formula after the Use By date, as vital nutrients may be lost.

## When in doubt, find out. Use your senses!

Avoid eating products that have changed noticeably in odor, color, consistency, or texture.

To find more information on food quality, download the USDA's Foodkeeper App or visit [foodsafety.gov](https://www.foodsafety.gov).

# Use smart storage to help food last longer

## Arrange food in the fridge for optimal freshness

### DOOR

Non-perishable goods, condiments, juice, soda



### TOP SHELF

Ready-to-eat foods, leftovers, herbs

### MIDDLE SHELF

Dairy, eggs, cheese

### BOTTOM SHELF

Poultry, fish, beef

### DRAWERS

Fruits and vegetables

### FREEZER

Pre-prepared food, fruits and vegetables, bread, dairy, meats

## Store produce like a pro!



### ETHYLENE EMITTERS

Separate from other produce to reduce ripening speed



### VAMPIRE PRODUCE

Needs a cool, dry, and dark place in breathable containers



### HYDRO HOMIES

Tend to wilt but can perk up when submerged in cold water



### HYDRO HATERS

Shouldn't be washed until right before eating. Dry thoroughly!