

More Easy Steps to Reduce Food Waste

Each year, the average American family of four loses \$1,500 to uneaten food. Keeping food out of landfills also reduces methane, a hazardous air pollutant that contributes to climate change. With every meal, you can take steps to save food, save money, and reduce environmental impact

Use these tips to save on groceries and help the environment.

5. Understand date labels



With the exception of infant formula, food that is properly handled should still be safe if the date on a food product passes during home storage until spoilage is evident.

6. Buy and consume



perishables within days

What fresh food items in your home need to be eaten? Consider eating them first.

7. Freeze to save food



Freeze leftovers within 3-4 days to extend shelf life. Uneaten fruits and vegetables can be frozen and used later in stews and smoothies.

8. Order out wisely



Eating out? Order only what you can finish. Ask about portion sizes and be aware of side dishes included with entrees. Take the leftovers home and keep them for your next meal. At all-you-can-eat buffets, take only what you can eat.

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.

See **Easy Steps to Prevent Food Waste** for steps #1-4.