



# Take the **Eat Smart,** Waste Less Challenge



## 40% of food in America is wasted

The average U.S. household never eats 20% of the food they purchase. That's like going to the store, buying five bags of groceries and leaving one in the parking lot. For a family of four, that adds up to an average of \$1,500 in wasted food every year! Wasting food wastes more than money, it also wastes land, water, energy, and labor that went into making the food. At the same time, one in six people living in Oregon are food insecure.

Households are the largest contributors to food waste in Lane County, followed by consumer-facing businesses like restaurants and grocery stores. By making small changes, we can all solve the problem of food waste.

## Here are 6 ways to reduce your household's food waste:

- 1. Shop with meals in mind** — Make a list with meals in mind and only get what you think you'll use. Try to avoid "deals" if you won't end up eating what you buy.
- 2. Prep now and eat later** — Prepare ingredients in advance to save time, effort and money. Try cooking several meals at once and freezing the rest for a later date. If you notice something going bad, make a soup or freeze individual ingredients.
- 3. Keep it fresh** — Store fruits and vegetables where they will last the longest.
- 4. Eat what you buy** — Use up leftovers and ingredients before you buy more. Create an "Eat This first" section in your fridge.
- 5. Measure your wasted food** — Measure how much food your family wastes over four weeks. You might be surprised!
- 6. Plan micro-shopping trips** — Plan a trip on your way home for a single meal instead of "stock up trips."

For more ways to prevent food waste, visit [\*\*\*EatSmartWasteLess.Tips\*\*\*](#).

**Which strategies will you try?** Check the ways you (and your family) will try to reduce food waste.

**Shop with meals in mind.**

**Eat what you buy.**

**Prep now and eat later.**

**Measure your wasted food.**

**Keep it fresh.**

**Plan micro-shopping trips.**

# Track your food waste

Keep track of the food you waste for the next four weeks. Think about these questions:

**1. What did you throw out?** List foods that you are throwing out often:

**2. Why was food wasted?** List reasons that food was not eaten (didn't like it, forgot about it, etc.)

**3. How much food was wasted?** Measure only food that could have been eaten, like food scraped from plates or taken out of the fridge or pantry. Do not measure what you wouldn't have eaten, like peels or bones. Choose one of the following methods to measure wasted food and write down the total at the end of each day:

- Take a picture or make an estimate. Is it more, less, or the same as previous days?
- Use a container, like a graduated cylinder. How much food does it contain?
- Use a scale, and weigh your food each day.



Write the results in the table on the right.

HOW MUCH FOOD WAS WASTED?	
WEEK 1	Mon
	Tue
	Wed
	Thur
	Fri
	Sat
	Sun
WEEK 2	Mon
	Tue
	Wed
	Thur
	Fri
	Sat
	Sun
WEEK 3	Mon
	Tue
	Wed
	Thur
	Fri
	Sat
	Sun
WEEK 4	Mon
	Tue
	Wed
	Thur
	Fri
	Sat
	Sun

Visit [EatSmartWasteLess.Tips](https://www.eat-smart-waste-less.com/tips) to take the challenge or fill out the form below and give it to a volunteer.

**Take the Challenge!** Fill out your information on this side, and check your food waste reduction strategies on the other side.

Name: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_