10+ Reasons to ❤️ Cans

- Canned food often provides nutrients at a lower cost than fresh, frozen and dried forms
- Steel cans are magnetic making them easy to separate for recycling
- Canned food helps prevent food waste
- More than 160 million consumers across the U.S. have access to steel can recycling
- The canning process preserves food naturally
- Canned produce is nutritionally on par with fresh and frozen options, and in some cases, even better
- Steel cans are infinitely recyclable
- There are more than 1,500 canned food varieties including fruits, vegetables, beans, seafood, lean proteins, soup, stews, etc.
- Food cans seal in freshness, flavor and nutrition and protects food from outside contaminants
- Canned food provides convenient, affordable nutrition
- Steel cans are the most recycled food package in the U.S.
- More than 70% of steel cans are recycled annually
- Food cans are traceable thanks to can codes

Sources:
- Kapica, et. al., Journal of Nutrition and Food Sciences, 2012
- Steel Market Development Institute
- Can Manufacturers Institute
- Centers for Disease Control and Prevention
- Journal of Consumer Affairs
- Michigan State University Study
- Oregon State University Study
- Steel Recycling Institute
- UC Davis Studies
- University of Chicago Study

Canned Food Alliance
Canned Food. The Easy Way to Eat Right.