Food Waste in the U.S.
A Big & Growing Problem

40% OF ALL FOOD PRODUCED IN THE U.S. IS NOT EATEN

The average American family throws out an estimated 25% of the food and beverages they buy.

It Adds Up:
A family of 4 wastes $1,350-$2,275 worth of food each year.

Canned Foods Can Help
Canned and frozen foods are wasted less often.
Fresh foods are most likely to be tossed.

RESEARCH SHOWS:
Canned foods provide the nutrients our bodies need, often at a lower cost than fresh, frozen or dried forms.
The steel can is the most recycled food package.

Cans provide access to favorite fruits and vegetables year-round.

All forms – canned, fresh, frozen, dried and 100% juice – of fruits and vegetables provide needed nutrients that make up a healthy diet.

In 2012, the steel can recycling rate was MORE THAN 71% The highest of any food package.

Did you know?
The steel can is the most recycled food package.

Other categories for food waste include:
- grain products, including bread (14%
- meat (18%)
- dairy (19%)
- eggs (2%)
- other (17%)

How You Can Make a Difference–And Waste Less

- Plan weekly menus and shopping lists
  - Buy a combination of nutritious canned, fresh, frozen and dried foods.
  - Minimize bulk purchases of fresh foods – it’s not a deal if you throw half of it away.
  - Get creative with leftovers.

- Monitor your pantry
  - Place newly purchased cans/boxes behind those you already have.
  - Don’t ring for take-out – check your pantry for quick-fix meal ideas instead.
  - Get creative with what you have before you buy more.

Visit Mealtime.org for easy, nutritious meal ideas, recipes and kitchen tips