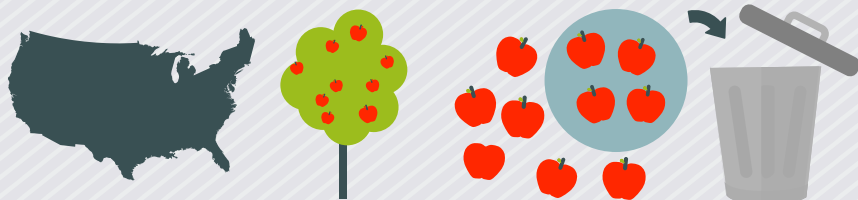


TOSSED Treasures

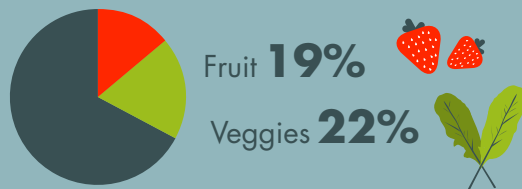
AMERICA'S WASTED FOOD PROBLEM AND HOW DIETETIC PROFESSIONALS CAN HELP FOR FOOD & NUTRITION PROFESSIONALS

The Academy of Nutrition and Dietetics Foundation's Future of Food initiative addresses Academy members' interest in learning more about a safe, nutritious food supply.

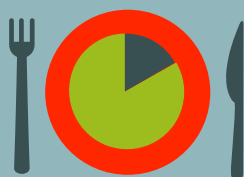
FROM FARM TO FORK: AMERICA WASTES NEARLY 40% OF ALL FOOD PRODUCED¹



FRUITS AND VEGETABLES ARE THE #1 SOURCE OF FOOD LOSS²



IF WE WASTED JUST 15% LESS FOOD,



IT WOULD BE ENOUGH TO FEED 25 MILLION AMERICANS³



X MILLION

(that would be enough for over half of all those facing food insecurity in America!)

WHY DO CONSUMERS WASTE FOOD?⁴

CONFUSION OVER WHEN FOOD IS RIPE



BEST BY/USE BY DATE CONFUSION



SEASONAL FACTORS



PURCHASING TOO MUCH FOOD



UNEATEN LEFTOVERS



LACK OF KNOWLEDGE WHEN PREPARING FOODS



WASTED FOOD CONCERNS

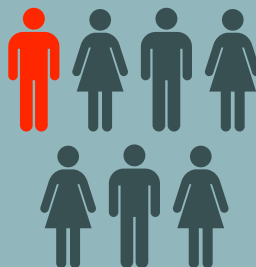
ENVIRONMENTAL

Food rotting in landfills creates methane gas - WHICH IS A 25X MORE POTENT GREENHOUSE GAS THAN CO₂⁵



ETHICAL

1 IN 7 AMERICANS ARE FOOD INSECURE⁶



ECONOMIC

IN 2010, \$161.6 BILLION WORTH OF FOOD WAS WASTED. And, an American family of four⁷ throws out \$1,600 worth of food every year!⁸



HOW CAN FOOD AND NUTRITION PROFESSIONALS HELP?

ADVOCATE

for environmental, ethical, and economic policies addressing wasted food



EDUCATE

people about the impact of wasted food



ENGAGE

in wasted food discussions on social media

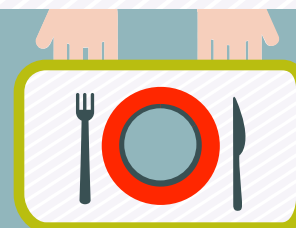
HOLD EVENTS

connecting RDNs with farmers, processors, and researchers to learn more



DONATE

time and talents to lead food rescue efforts



VOLUNTEER

for your local food bank

RESOURCES

REPORTS

•Wasted: How America is losing up to 40 percent of its food from farm to fork to landfill - Natural Resources Defense Council.
- <https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>

•Food and Agriculture Organization of the United Nations. Food wastage footprint: impacts on natural resources: summary report.
- <http://www.fao.org/docrep/018/i3347e/i3347e.pdf>

WEBSITES

- USDA Food Waste Challenge - <http://www.usda.gov/oce/foodwaste/>
- Feeding America - www.feedingamerica.org
- Waste No Food - www.wastenofood.org
- Sustainable America - www.ivaluefood.com
- Ample Harvest - www.ampleharvest.org
- Let's Talk Trash - www.choosemyplate.gov/lets-talk-trash

APPS

- Is My Food Safe? – answers food safety questions
- Love Food Hate Waste - www.lovefoodhatewaste.com
- Green Egg Shopper - helps shoppers reduce food waste
- USDA's Food Keeper App.

OTHER

- Food: Too Good to Waste Starter Kits <https://www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit>.
- USDA Let's Talk Trash www.choosemyplate.gov/lets-talk-trash
- National Resources Defense Council Web site. The Refrigerator Demystified. <https://www.nrdc.org/sites/default/files/dating-game-infographic.pdf>
- Academy of Nutrition and Dietetics Infographics:
 - <http://bit.ly/Refrigerator-Freezer-Storage-Chart>
 - <http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/feed-people-not-landfills-final%20v.3%20edit.aspx>
 - http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/infographics/how_can_we_keep_produce_fresh_longer_infographic.aspx
- US Environmental Protection Agency-Food Recovery Hierarchy:
 - <https://www.epa.gov/sustainable-management-food/food-recovery-hierarchy>

 Academy of Nutrition and Dietetics Foundation
Future of Food Initiative

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3. NRDC Issue Paper. Wasted: How America is Losing Up to 40 Percent of its Food from Farm to Fork to Landfill. August 2012. <https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>. Accessed March 31, 2016.
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5. US Environmental Protection Agency website. Overview of Greenhouse Gases. <https://www3.epa.gov/climatechange/ghgemissions/gases/ch4.html>. Accessed August 12, 2016.
6. Feeding America website. Hunger & Food Insecurity in America. <http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/>. Accessed August 16, 2016.
7. Buzby, Jean C., Hodan F. Wells, and Jeffrey Hyman. The Estimated Amount, Value, and Calories of Postharvest Food Losses at the Retail and Consumer Levels in the United States, EIB-121, U.S. Department of Agriculture, Economic Research Service, February 2014.
8. Venkat K. The climate change and economic impacts of food waste in the United States. International Journal on Food System Dynamics. 2011; 2(4):431-446.

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