



## TOSS LESS • FEED MORE

Food Waste constitutes the third largest contributor to global warming. Discarded food also wastes the water, labor, and fuel used to produce and transport that food. One third of the food grown globally does not get consumed. An estimated 40% of the food people purchase in the U.S.A. gets tossed. Annually, that amounts to \$165 Billion and over \$2,000 for a family of four.

More than 820 million people worldwide live with chronic food deprivation. Food insecurity includes the continuum from *famine, hunger, food deprivation, malnutrition to nutritional deficiencies from eating empty calories*. In America and New York State, one in every 7 people experiences food insecurity in one form or another. The 1 in 7 statistic varies from county to county. According to Feeding America, approximately 2.3 million people or 12% of New York's population experience a challenge feeding themselves and their loved ones.

Food insecurity can affect the people we interact with every day and we may not even know it: older adults living on a fixed income, the three out of four working Americans living paycheck to paycheck, college students living on a budget and our children. America has an abundance of healthy foods. By wasting less food, we can nourish ourselves and our neighbors and sustain the environment at the same time.

- [Life of a Strawberry in a Short Youtube](#)

**What can you do to establish a balance to toss less and feed more people? Read on!**

**The Basics of Tackling Food Waste:**

- [Waste Free Kitchen Handbook](#): A guide to eating well and saving money by wasting less food, by Dana Gunders, 2015
- [WASTED](#): How America is Losing up to 40% of its food from farm to table, by Dana Gunders, NRDC
- [Creative use of Food Scraps](#)
- [Water Footprint Calculator](#)

**Demystify the dates on food and medicine labels:**

- **Expiration Date**: The only items required by federal law to have expiration dates are baby formula and medications; do not distribute or consume these items past the expiration date. Some states require eggs to have expiration dates, but they remain safe to eat 3-5 weeks thereafter.
- **Sell-by Date**: The date the stores must sell the food by. The manufacturer takes into account that the item will be stored at home after the Sell-by date.

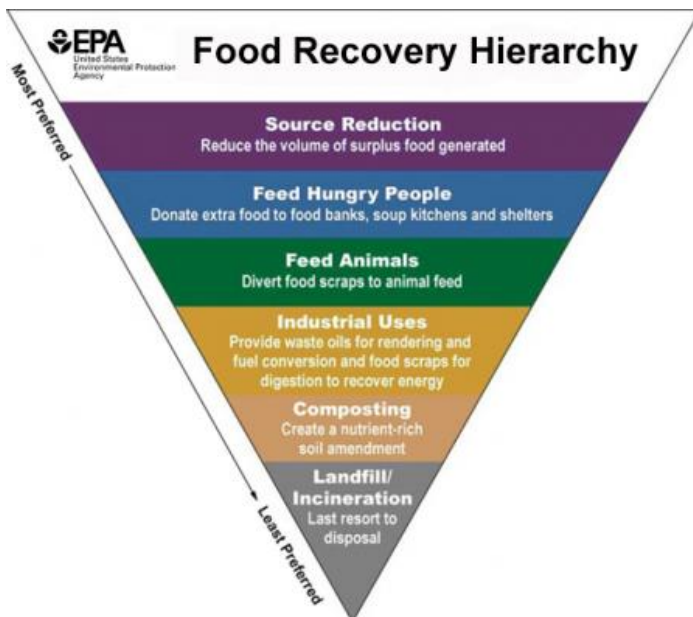
- **Best by Date:** The manufacturer’s suggested consumption date to enjoy ideal quality.
- **Use-by Date/:** The manufacturer’s recommendation for how long the food will retain its quality. After the “use-by” date, the food is still safe to eat but it will begin to lose nutrients.
- **Pack Date:** The date on which the product was packaged. This date is used by manufactures for tracking purposes. These products have a long shelf life and can be safe to eat past the date. (Refer to the individual product chart on the following link for more detailed references; read also about shelf life for different food groups.)

### Find Recipes for Leftovers: Divert Food from the Waste Stream and Save \$\$\$

- [Sustainable Table](#)
- [Taste It Don't Waste It](#)
- [Love Food Hate Waste, Recipes](#)

### Food Insecurity in New York and Providing for Neighbors in Need

- [See this map](#)
- [Review the data in your county](#)
- [Donate or Access Food Locally](#)
- Host a Food Drive. [Here's How](#)
- [New NYS legislation that addresses food waste reduction and food diversion to feed people](#)
- [Read About The Food Recovery and Recycling Act](#)
- **Call to Action:** Contact your elected representative with questions about this new law and other environmental issues of concern to you. [Find your state elected representatives here and write a letter.](#)
- Start a Food Scrap Recycling Program in your Community
- Establish a Community Garden
- Host a showing of the documentary film [WASTED](#) produced by Anthony Bourdain. The LWV has a copy you can borrow.



Information prepared by Elisabeth Radow. Send Qs, comments and request to borrow the DVD of the documentary film **WASTED** for your local League to: [enradow@gmail.com](mailto:enradow@gmail.com) **Toss Less, Feed More: County by county, we can make every day Thanksgiving!**