



City of Big Lake Environmental Education Newsletter

Special Edition

October 16th is World Food Day!



Did you know that each American tosses nearly 300 pounds of food each year? And that a 4-person family loses roughly \$1500 a year on wasted food? In 2014 alone, more than 38 million tons of food waste was generated, with only 5.1% diverted from landfills and incinerators for composting. That is a lot of wasted food, and not only food, but time, energy, money, and natural resources.



When you send food to the landfill, the nutrients from the food are never allowed to return to the soil and instead produce methane, which is a greenhouse gas.



Wasted food also wastes the water, gasoline, labor, energy, land, and fertilizers that went into the creation of that particular food. For example, the amount of water it takes to make a pound of beef is the same amount you would use in a 6 hour-long shower!

But this is easy to remedy!

Eat the bruised apple: Many people don't realize that a lot of discarded food is still edible, Save the Food offers a storage and discard guide: <http://www.savethefood.com/food-storage>

Utilize your leftovers: Save the Food has created many different recipes utilizing common food scraps: <http://www.savethefood.com/cook-it>

Compost: Can't find a way to utilize those leftover scraps? Create a compost pile in your backyard! <https://www.pca.state.mn.us/start-composting-your-backyard>

Donate to the Food Shelf: Did you buy too much for a party or the wrong kind of yogurt? Bring it to the Big Lake Food Shelf!

Individuals CAN reduce food waste

This information came from savethefood.com and the EPA (Sustainable Management of Food)