

# WORKING TOGETHER WE CAN HONOR THE HARVEST AND NOURISH PEOPLE

**Honoring the Harvest** is about using food for its highest purpose - to nourish people - and moving nutrients through the food system from people, to animals and back to the land to grow more food rather than going to waste in a landfill.

In a typical week, an average American family of four purchases approximately 96 lbs. of food, and of that **22 lbs. (about 23%) go to waste in the home.**



That's almost like buying four bags of groceries and tossing one in the trash!

## BECOME A FOOD WASTE WARRIOR

### Take these simple steps:

- Start with meal planning
- Buy and eat just what you need
- Make the most of leftovers
- Master food storage
- If you do have extra food, donate it to those in need in your local community



PEOPLE FACE FOOD INSECURITY IN EVERY COMMUNITY IN THE COUNTRY



**1 in 6** CHILDREN IN THE U.S. LIVED IN FOOD-INSECURE HOUSEHOLDS IN 2015

### Pay it forward:

A family of four that buys and eats just what they need would save approximately **\$4.06 a day**, which adds up to **\$1,484 per year**



The savings can be put to good use for your family or your community.

Just half the annual savings would be enough to provide food-insecure neighbors with up to **8,162 meals** through food banks.

**20 families** working together in the same way



COULD PROVIDE UP TO **163,240 MEALS!**

### Help the planet, too:

Reducing food waste keeps food out of landfills, conserving valuable resources and reducing methane emissions.



A family of four that buys and eats just what they need could reduce its annual carbon footprint by **4,587 LBS**

That's like driving **4,987 FEWER MILES PER YEAR**



LEARN MORE AT [FURTHERWITHFOOD.ORG](http://FURTHERWITHFOOD.ORG)

©2017, Innovation Center for U.S. Dairy | Figures have been rounded. Sources by section: **Introduction** Food purchase and waste estimates from Buzby, J. C., Wells, H. F., & Hyman, J. (2014). *The estimated amount, value, and calories of postharvest food losses at the retail and consumer levels in the United States*. EIB-121, ERS, USDA. **Take these simple steps** "Food waste warrior" and steps: Gunders, D. (2015). *Waste free kitchen handbook*. San Francisco: Chronicle Books. Food insecurity in every community: Feeding America, *Mind the Meal Gap*, [map.feedingamerica.org](http://map.feedingamerica.org). Data for children: Coleman-Jensen, A., Rabbitt, M., Gregory, C., & Singh, A. (2016). *Household food security in the United States in 2015*. ERS, USDA. **Pay it forward** Savings from Buzby, Wells, Hyman (2014). Meals provided is based on donation to Feeding America ([www.feedingamerica.org/ways-to-give/](http://www.feedingamerica.org/ways-to-give/)); number of meals can vary by location. **Help the planet** Reduction in carbon footprint is based on EPA WARM report, 2016, [www.epa.gov/sites/production/files/2016-03/documents/warm\\_v14\\_organic\\_materials.pdf](http://www.epa.gov/sites/production/files/2016-03/documents/warm_v14_organic_materials.pdf). Equivalence calculation: [www.epa.gov/energy/greenhouse-gas-equivalencies-calculator](http://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator).