

Food Waste in the U.S.

A Big & Growing Problem



Canned Food.
The Easy Way to Eat Right.
www.mealtime.org

40%

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

WHAT DOES
THAT MEAN
FOR AMERICAN
FAMILIES?



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.

FOOD WASTE

22%

Fresh fruits and
vegetables

8%

Canned and
Frozen fruits
and vegetables



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

**RESEARCH SHOWS:
Canned foods provide the
nutrients our bodies need,
often at a lower cost than
fresh, frozen or dried forms.**

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.

Did you know?

The steel can is the most recycled food package.

In 2012, the steel can recycling rate was

**MORE
THAN 71%**

The highest of any food package.

PLEASE
RECYCLE



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