

# Take the Eat Smart, Waste Less Challenge!

## 40% of food in America is wasted.

The average U.S. household never eats 20% of the food they purchase. That's like going to the store, buying five bags of groceries and leaving one in the parking lot. For a family of four, that adds up to an average of \$1500 in wasted food every year! Wasting food wastes more than money. It also wastes the land, water, energy, and labor that goes into making the food. At the same time, one in six people living in Oregon are food insecure.



*Households are the largest contributors to food waste in the US, followed by consumer-facing businesses like restaurants and grocery stores. By making small changes, we can all help solve the problem of food waste!*

## Here are 5 great ways to reduce your food waste.



### 1. Shop with meals in mind

Make a list with meals in mind and only get what you think you'll use. Try to avoid "deals" if you won't end up eating what you buy



### 2. Prep now and eat later

Prepare ingredients in advance to save time, effort and money. Try cooking several meals at once and freezing the rest for a later date.



### 3. Keep it fresh

Store most fruit (once ripe) and veggies in the fridge, Apples, pears, and bananas ripen other nearby fruit faster. Leave bananas, basil, and squash on the counter. Store mangos, papayas, pineapple, potatoes, onions, and garlic in a cool, dark space.



### 4. Eat what you buy

Use up leftovers and ingredients on hand before you buy more. Get creative with smoothies and soups. Create an "Eat this first" section in your fridge. Freeze excess food.



### 5. Measure your wasted food

Measure how much food your household wastes over four weeks. You might be surprised!



Learn more about sustainability initiatives and ways you can make an impact at PSU below.



EAT SMART, WASTE LESS

Take part in the Eat Smart, Waste Less challenge below.



In partnership with



WASHINGTON COUNTY  
OREGON  
Solid Waste & Recycling



# Track Your Food Waste!

Keep track of the food you waste for the next 4 weeks. Think about the following questions. Write the results in the table below, and put it on your refrigerator. Answer our [online survey](#) questions for the chance to win a prize!



## How much food was wasted?

Take note of only food that could have been eaten.

Like food scraped from plates or taken out of the fridge or pantry. Do not track what you wouldn't have eaten, like peels or bones. Choose one of the following methods to track wasted food and write down the total at the end of each day.

Take a picture to make an estimate. Is it more, less, or the same as previous days?

Use any container or a measuring cup. How much food does it contain?

## What did you throw out?

List foods that you are throwing out often.

## Why was food wasted?

List reasons that food was not eaten (didn't like it, forgot about it, etc.)

WEEK 1	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
WEEK 2	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
WEEK 3	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
WEEK 4	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		