

# Week 4: All You Can Eat



Opening the fridge or pantry to see your food's gone bad is the worst - the environment doesn't like it either! It's estimated that between 30 to 40 percent of the food supply goes to food waste in the U.S., roughly 133 billion pounds of food. Not only is this food going to waste but so is the land, water, energy, and labor used to produce it! With some careful planning, you can easily cut down on your food waste — and prevent yourself the frustration of your food going bad.

## Climate Change and Food Waste

- Around 6-8% of all human-caused greenhouse gas (GHG) emissions could be cut by eliminating food waste
- In the U.S., energy from the production of lost and wasted food is equivalent to 32.6 million cars' GHG emissions
- Food waste produced methane when it rots, which is 29.8 times as potent as CO<sub>2</sub>

<https://www.worldwildlife.org/stories/fight-climate-change-by-preventing-food-waste>



### How can I reduce my food waste?

- Create a meal plan for the week
- Buy foods in specific portion sizes
- Freeze bread/meat so it keeps longer
- Storing leftovers in reusable containers, and planning to eat leftovers

You can also reduce your carbon footprint from food consumption from swapping chicken for beef, or planning meatless meals!

Thank you again for participation in the Sustainable Habits Challenge. We hope you've enjoyed the month; we sure have!

Contact [iseesustainabilitychallenge@gmail.com](mailto:iseesustainabilitychallenge@gmail.com) with questions, stories, or feedback!

**Please submit your Week 4 form by Sunday night, 10/29.**