

Beyond the Trash Can

Think twice before tossing that unfinished meal or imperfect food. Each day, U.S. consumers toss about one pound of food. That is equivalent to one-third of the daily calories each person eats.

Some of the healthiest foods that are wasted are fruits and vegetables and mixed fruit and vegetables dishes followed by dairy, meat and mixed-meat dishes.

Food waste happens in many other points of the food chain besides at home. When foods are wasted, losses are also felt in the environment, farmers time, land and other resources used to grow and raise food.