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Health & Nutrition Sciences



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Waste Not, Want Not: Small Solutions for Reducing Food Waste



Did you know that approximately **20%** of the global food supply is wasted before it can be eaten? This is equivalent to approximately **one billion meals per day** and a cost of roughly **\$1 trillion** in food loss annually.¹

Since **60%** of food waste happens at the household level, it's important we all try to take small steps to do our part in helping reduce food waste.^{1,2}

FOR FITNESS PROFESSIONALS

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Map Out your Meals



**Create a
weekly plan**



**Inventory your
fridge / pantry**

to choose recipes that use what
you have & avoid buying duplicates



**Make a shopping
list and stick to it**



Examine Expiration Dates



"Best by," "Sell by," & "Use by" dates are about quality, not safety



Use your senses to check if food is still good



Prioritize items nearing their expiration



Safely Store Food



Use airtight containers



Keep produce & perishables in the right place & temperature

[U.S. Food & Drug Administration \(FDA\) food storage safety standards](#)



Label open foods & leftovers with dates



Liven Up Your Leftovers



Turn leftovers into new, creative meals

Examples include omelets with extra meat / veggies & stir-fry with extra rice / pasta



Freeze extra food in smaller portions for later



Share surplus food with friends or neighbors



Deliberately Dine Out



Only order what you can finish



Take leftovers home

For a next day lunch, snack, or new, creative recipe



Support restaurants that minimize waste

Look for certifications that evaluate environmental impact like the Green Restaurant Association & similar groups



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For more information and
education resources visit
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References

1. World Food Programme. 5 Facts About Food Waste and Hunger. Updated Jun 25, 2024. Accessed Apr 3, 2025. <https://www.wfp.org/stories/5-facts-about-food-waste-and-hunger>
2. U.S. Food & Drug Administration (FDA). Tips to Reduce Food Waste. Updated Mar 5, 2024. Accessed Apr 2, 2025. <https://www.fda.gov/food/consumers/tips-reduce-food-waste>

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