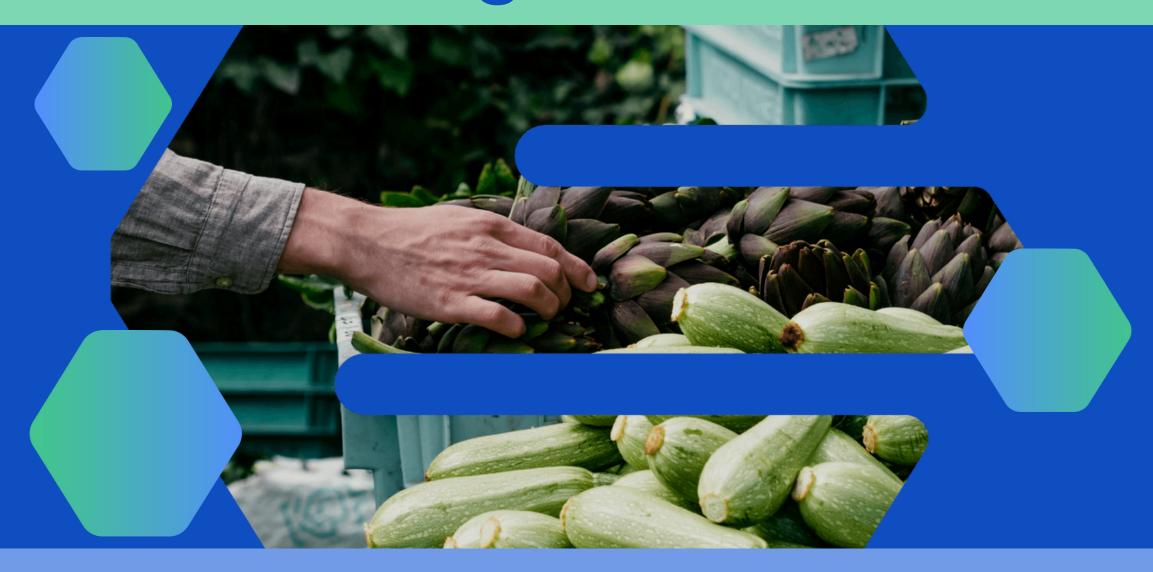


PEPSICO

#### 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. <sup>1</sup>

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. <sup>1,2</sup>

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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 <u>Green</u>
Restaurant Association & similar groups





**Health & Nutrition Sciences** 

# Empowered Education



# For more information and education resources visit www.PepsiCoEmpoweredEdu.com

#### 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. <a href="https://www.fda.gov/food/consumers/tips-reduce-food-waste">https://www.fda.gov/food/consumers/tips-reduce-food-waste</a>