

Dietitian Tip **July**
Tuesday **27/20**

Reducing Household Food Waste

Every year in Canada, 11.2 million tonnes of usable food is wasted. That is 18% of all food produced! Some of this waste occurs during production, processing and transportation, but 47% of all food waste occurs at the consumer level. This includes household food waste, as well as hotels, restaurants, and grocery stores.

The average Canadian household throws out about 308 lbs of edible food per year – food that could have been eaten! This adds up to about \$1,100 per year. Much of the food wasted is fruits and vegetables, leftovers, bread products, dairy, and eggs.

Find more information on nutrition and healthy eating at
www.grandeprairiepcn.com/resources/dietitiantip



REDUCING HOUSEHOLD FOOD WASTE



There are many ways that you can reduce your household food waste. Not only will this keep usable food out of the landfill, it will also allow you to maximize your food budget!

1. Plan your meals and make a grocery list – this doesn't mean you have to make a detailed meal plan, but taking a moment to plan your main meals for the week and make a grocery list will allow you to purchase only the ingredients you need.
2. Check your fridge and pantry before you buy – before going to the grocery store, check your fridge, freezer and pantry to see if you already have the ingredient you need, or if you have something that could be used as a substitute.
3. Plan to use leftovers – leftovers are one of the most common foods wasted in Canadian homes. Plan to use up leftovers by packing them for lunch or incorporating them into a different meal (leftover rice and veggies can easily be added to other dishes!). If you are not able to use leftovers within 2-3 days, freeze them for later.
4. Freeze fruits and vegetables – fruits and vegetables can be frozen and used in smoothies, soups, sauces and more! If your fruits and veggies are beginning to lose their freshness, freeze them in an airtight container for up to 12 months.

Find example recipes, and more information on nutrition and healthy eating, at www.grandeprairiepcn.com/resources/dietitiantip

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References:

1. Nikkel, L., Maguire, M., Gooch, M., Bucknell, D., LaPlain, D., Dent, B., Whitehead, P., Felfel, A. (2019). *The Avoidable Crisis of Food Waste: Roadmap*. Second Harvest and Value Chain Management International: Ontario, Canada. Available from: www.SecondHarvest.ca/Research
2. Love Food, Hate Waste Canada. (2020). Food Waste in the Home. Available from: <https://lovefoodhatewaste.ca/about/food-waste/>
3. National Zero Waste Council. (2018). *A Food Loss and Waste Strategy for Canada*. Available from: www.nzwc.ca/focus/food/national-food-waste-strategy/Documents/NZWC-FoodLossWasteStrategy.pdf