

SAVE YOUR FOOD



An average U.S. household throws away one-quarter of all the food they buy – imagine walking in the door with four grocery bags and dropping one in the trash each time you shop!



23% of the trash from Fort Collins households is wasted food.



It takes a lot of water to produce food:

- **1lb. Tomatoes = 26 gallons**
- **1lb. Beef = 1,800 gallons** – that's as much as an average Fort Collins resident uses in nearly a month!



40% of all food grown in the United States is wasted.

\$1,500

A family of four wastes approximately \$1,500 a year on food that is thrown away – enough for 26 family trips to the movies, including snacks!

SMART ACTIONS



Smart Shopping: Plan your meals, make a list, and buy only what you need.



Smart Storage: Learn how to store foods to keep them fresher, longer.

Smart Savings:

Get creative and try new recipes to use up food before it spoils.



Smart Prep: Prep your food after shopping – wash, dry, slice and dice so everything's ready to cook on a busy weeknight.

