SAVE MORE THAN FOOD
MAKE A DIFFERENCE

REDUCING FOOD WASTE AT HOME

Nearly **one million pounds** of food is sent to the Franklin County Sanitary Landfill every day. When food goes to waste – so does all of the time, money, and resources that went into producing and distributing it. That's why SWACO and the Central Ohio Food Waste Initiative brought together over 150 partners from across the region to create the Central Ohio Food Waste Action plan and established a goal to cut food waste in Central Ohio in half by 2030.

WASTED FOOD = WASTED RESOURCES

It might surprise you to learn that based on weight, food is the most common material to enter the landfill. All of that material adds up to each of us tossing out nearly a pound of food every day. But, we can change that! We each have a part to play in reducing food waste.

Save More Than Food provides a variety of resources for reducing food waste at home including waste prevention recipes, storage guides, connections to local workshops for composting at home, and more.

Lost Meals

On average, every Central Ohio resident sends 260 pounds of food to the landfill each year – that's equivalent to throwing away 145 potential meals.

Lost Money

On average, every Central Ohio resident wastes $375 a year on food that they throw away.

Lost Resources

By wasting food, we also waste environmental resources that were used to grow our food - soil, energy, water, and more.

SWACO
FROM WASTE TO RESOURCES

MAKE A DIFFERENCE

Shop Smart

While at the grocery store, avoid impulse buys by shopping with a list or making a meal plan for the week. Then, pay attention to how you store foods. For example, some types of produce will last longer if washed before storing in the refrigerator, while other types will last longer if they are not washed until they are about to be used. Find tips and tools at SaveMoreThanFood.org.

Freeze Your Food

You can freeze almost any food (Just not eggs in their shells or canned foods!). Once fully frozen, your food will never become unsafe to eat, but try to eat it within 6 months of freezing to maximize flavor and freshness. Pro tip: freeze foods at peak freshness and thaw in room temperature water.

Learn about Date Labels

Best by? Use by? Expires on? The food waste focused non-profit ReFED estimates that as much as 20% of consumer food waste is caused by confusion over the meaning of date labels. And no wonder! Date labels mean something different for each manufacturer. While date labels can help you approximate how long a food has been around, rely on other methods like the "sniff-test" and visual cues such as signs of aging, mold, or rotting to decide whether your food is okay to eat.

Learn more about reducing food waste at home with resources for food waste prevention, food safety, storage tips, and diversion methods at **SaveMoreThanFood.org.**

GET INVOLVED

There are many ways you can help reduce food waste in your home. Here is a list of a few places to start. Central Ohio communities have resources available to help you reduce food waste at home. Get connected at SaveMoreThanFood.org.

Backyard Composting:

In partnership with SWACO, Franklin Soil and Water Conservation District offers backyard composting trainings as well as rebates on compost equipment.

Volunteer:

Central Ohio is home to several non-profits that specialize in getting excess food to community members in need, before it can become waste. Volunteer with these groups to make a positive impact in your community while reducing food waste. Get connected at SaveMoreThanFood.org.

Engage your Community:

Download the Save More Than Food Toolkit presentation slides, brochures, posters, videos, and more to engage leaders in your community. Help us spread the word on reducing food waste!

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