

Into the Trash It Goes

A federal study found that 96.4 billion pounds of edible food was wasted by U.S. retailers, food service businesses and consumers in 1995 — about **1 pound of waste per day** for every adult and child in the nation at that time. That doesn't count food lost on farms and by processors and wholesalers.

For a family of four people, that amounted to about **122 pounds of food thrown out each month** in grocery stores, restaurants, cafeterias and homes. Here is a depiction of that family's monthly share, the sum of waste in eight different food groups as detailed in the study.



WARM UP

This image shows the average monthly food waste per American household.

- What do you notice?
- What are your reactions? Does this surprise you? Why or why not?
- What questions do you have?





PAIR-SHARE

- What are the impacts of throwing food into landfills?
 - For the environment?
 - For communities?

PAIR-SHARE

- How much food would you say you waste in an average week? What kind of foods do you most frequently waste? What are the main reasons that cause you to waste food?
- Can you think of any solutions to help cut down on the food that you waste in a week? Are any of these potential solutions easy to implement?

EXIT CARD

What is one potential action you could take to reduce the amount of food you waste. Would you like to try it? Why or why not?