

the **DIVERSION DIGEST**

FOOD WASTE EDITION

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The Problem With Food Waste

The average Canadian household throws away about \$125 worth of edible food per month. That's equivalent to throwing away \$1500 a year in your Green Bin!



What is Food Waste?



Edible Food Waste

Edible food waste is any food that could have been eaten at some point but was thrown out in the garbage or Green Bin.



If only we ate all those vegetables we bought.

#BelliesNotBins



Is It Waste If It's Turned Into Compost?

Getting food from farm to table and then disposing it as waste uses up a lot of resources and creates a significant carbon footprint. Turning food waste into compost is a great way to divert it from the landfill, which reduces toxins in the environment. However, preventing food waste in the first place is even better. Every tonne of household food waste avoided is equivalent to taking one car off the road.* Plus, it saves families a lot of money in the long run.

(*Love Food Hate Waste)



Inedible Food Waste

Inedible food waste includes bones, vegetable & fruit peels, egg shells, coffee grounds and any other food scraps that aren't usually eaten.



How to Reduce Food Waste

5 Tips to Reduce Food Waste

1. Make a Meal Plan
2. Use a Shopping List
3. Don't Buy Too Much
4. Store Food Properly
5. Love Your Leftovers



Buy Only What You Need!

Create a meal plan and make a shopping list before your next trip to the grocery store so you buy only what you need! Make this a weekly habit to prevent overbuying and save money in the process!



This Week's Meals

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping List



Preserve What You Buy!

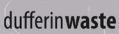
Make your groceries last by storing them properly with the **Fruits and Vegetables Storage Guide!** You can also love your leftovers by making a new meal with last night's dinner! **Visit dufferincounty.ca/foodwaste** to access these helpful guides to waste less food and save more money!

How to Store
Fruits & Vegetables



Meal Planning Tip:

Use your leftovers!
Save time and money by using leftover food to create quick, easy, and healthy meals.





Best-before date

A “best-before” date tells you the anticipated amount of time that an unopened food product, when stored under appropriate conditions, will retain its:

- freshness
- taste
- nutritional value



Best-before dates do not guarantee product safety. However, they do give you information about the freshness and potential shelf-life of the unopened foods you are buying.



Expiration date

Expiration dates are only required on 4 types of food:



- infant formulas
- meal replacement
- formulated liquid diets (used for oral or tube feeding)
- nutritional supplements.

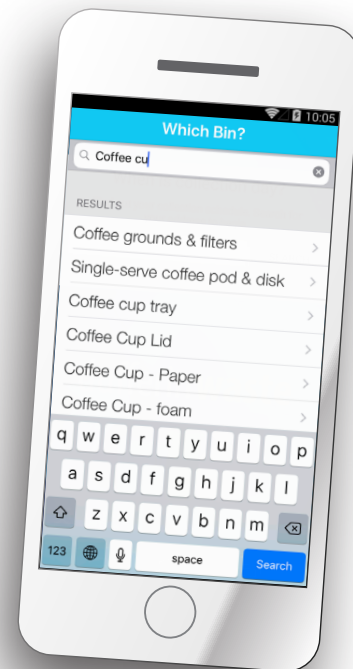
After the expiration date, the food may not have the same nutrient content declared as on the label. Food should not be bought, sold or eaten if the expiration date has passed. It should be discarded.

Visit dufferincounty.ca/foodwaste for more resources, tips, and information or follow Plan to Save Reduce Food Waste on Facebook, Twitter and Instagram!



Where does _____ go? There's an app for that!

View your waste collection schedule, receive notifications, and search the **Which Bin?** tool with the **DufferinWaste** app!



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