

# FOOD WASTE

# REDUCTION TIPS

**Buy only what  
you expect to  
use and prepare  
perishable  
foods first**

**Donate nutritious,  
safe and untouched  
food to food banks  
to help those in  
need**

**Use up old  
ingredients and  
leftovers**

**Compost food  
scraps rather than  
tossing in the  
trash**

**Store fruits and  
vegetables  
for maximum  
freshness**

**If food waste was a country, it would be the 3rd largest  
greenhouse gas emitting country in the world!**

(United Nations 2011 Report)



**Food scraps represent 20-25% of the  
waste that is disposed as trash!**

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