

REDUCING FOOD WASTE

How to manage food and food waste



! DID YOU KNOW?

1/3 of food produced for human consumption worldwide gets **lost or wasted every year.**



Almost **3.5 billion people** could additionally be fed by **saving** the amount of **food currently lost or wasted** worldwide.

WHERE & HOW IS FOOD WASTED?

FARM



MANUFACTURE



DISTRIBUTION



RETAIL



RESTAURANT



CONSUMER



DEVELOPING COUNTRIES

Food is wasted or lost early in the food value chain because of inefficient harvesting and lack of cooling and storage facilities.

INDUSTRIALISED COUNTRIES

Food is wasted later in the food value chain due to minor visual defects and misunderstanding of food labels as well as poor storage and meal planning.

BEST PRACTICE TIPS



Check your cupboards at home and make a list before food shopping.

Do not cook or serve larger quantities than necessary.



Learn the best storage condition at home for different food items.



Buy food depending on your family needs and meal plan.

Learn to read the labels on food items correctly.

BEST BY

This date means best quality. Food may still be edible after expiration of this date.

USE BY

Food is safe until this date, but it should not be eaten after expiration.

Learn to cook with food leftovers

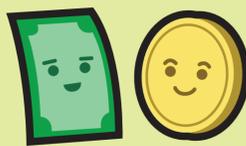
Donate food to charities or food banks

Use your senses (e.g. smell) before throwing away food

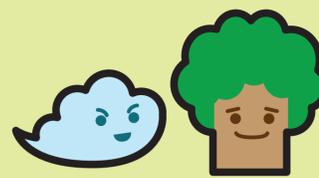
REDUCING FOOD WASTE IS ...



CONSERVING RESOURCES



SAVING MONEY



PROTECTING ENVIRONMENT



IFHE
INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

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