



# FOOD WASTE = CLIMATE CHANGE

## WHAT WE WASTE IS WARMING THE PLANET

### THE PROBLEM

One-third of all food produced globally is wasted—and that waste is fueling the climate crisis.

When we throw away food, we're not just tossing scraps. We're wasting:

- All the water used to grow it
- All the fossil fuels used to farm and ship it
- All the energy used to package and refrigerate it

And once it reaches a landfill? It breaks down and releases methane, a greenhouse gas up to 80x more powerful than carbon dioxide in the short term.

### THE IMPACT

- If food waste were a country, it would be the third-largest emitter of greenhouse gases—after the U.S. and China
- Wasted food = wasted land, labor, water, and resources
- In the U.S., up to 40% of food is never eaten
- Food waste creates nearly 10% of global climate emissions



## WHAT YOU CAN DO

### At Home

- Plan meals and shop with a list
- Eat leftovers and freeze extras
- Store food properly to extend shelf life
- Compost fruit & veggie scraps
- Check expiration dates—but don't panic! "Best by" ≠ "bad"

### At School

- Take only what you'll eat
- Start or join a composting or shared table program
- Educate others on the impact of food waste

### When You Shop

- Buy "imperfect" produce—bruises don't affect taste!
- Choose less packaging
- Support local and sustainable farms

## WHY IT MATTERS

Food waste isn't just an environmental issue—it's a toxins issue too:

- Plastic packaging from uneaten food ends up in landfills and oceans
- Decomposing food waste produces polluted runoff and methane gas
- Food grown with pesticides or wrapped in chemicals becomes toxic trash
- Overproduction of food = overuse of chemical fertilizers and fossil fuels



When we waste food, we waste everything it took to make it—and we fuel the climate crisis in the process. Small changes in your kitchen, lunchbox, and grocery habits can help protect the planet.

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