

One World  
**ZERO  
EMPTY  
PLATES**

# World Food Day

## Tips to Reduce Food Waste

Did you know 1/3 (1.3 billion tons) of food produced globally is lost or wasted? Food waste contributes to global food insecurity. Here are some tips on how you can reduce food waste:



### Know Food Expiration Dates

#### Confused by “sell-by” and “use-by” dates?

Understanding expiry dates for food can help reduce throwing out food that is still good. A “sell-by” date is the date that food has to be pulled from store shelves, a “use-by” date is suggested for best flavor or quality, but many foods are safe to eat after this date. Milk can last another week past the labeled “use-by” date and eggs can last another three weeks.



### Plate Up In the Kitchen

**Food left on the plate is most commonly thrown out.** Instead of family style, where dishes are on the table, consider portioning out meals in the kitchen to avoid over-serving. Bonus points for using leftovers for another meal!



### Get Creative With Recipes

**Before throwing out perishable items,** consider getting creative with your recipes. Soups, stews and salads are great options for many leftover veggies and grains. Overripe tomatoes can be added to a homemade sauce and brown bananas are perfect for your morning smoothie or shake. Keep some favorite recipes on hand when cleaning out your fridge.



### Donate To Those In Need

**Clearing out your pantry?** Consider donating extra food items to local food banks, food pantries and charities. You can find local food banks accepting donations through [WhyHunger.com](https://www.whyhunger.com)

How are you reducing food waste?  
Share your tips on social media with  
[#NutritionforZeroHunger](https://www.instagram.com/NutritionforZeroHunger)

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