

Five Ways to Reduce Food Waste

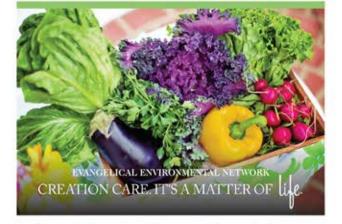
The average piece of food travels 1500 miles. Forty percent of produce is lost on the way to the grocery store. Twenty-five percent of food is wasted at restaurants and hotels. Everyone can redcuce their food waste by 10%.

- Support local farmers and produce.
- 2 Split food at restaurants.
- 3 Grow some of the basics like herbs and lettuce.
- Donate food before it expires.
- Purchase food based on a family plan. Avoid impulse shopping.



Healthy Creation = Healthy Children Bible Study

www.creationcare.org



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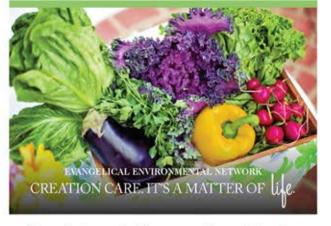
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