



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 reduce their food waste by 10%.

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



Healthy Creation = Healthy Children
Bible Study

www.creationcare.org



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 reduce their food waste by 10%.

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



Healthy Creation = Healthy Children
Bible Study

www.creationcare.org



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 reduce their food waste by 10%.

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



Healthy Creation = Healthy Children
Bible Study

www.creationcare.org