

# SAVE YOUR FOOD



**An average U.S. household throws away one-quarter of all the food they buy** – imagine walking in the door with four grocery bags and dropping one in the trash each time you shop!



**23% of the trash** from Fort Collins households is wasted food.



**It takes a lot of water to produce food:**

- **1lb. Tomatoes = 26 gallons**
- **1lb. Beef = 1,800 gallons** – that's as much as an average Fort Collins resident uses in nearly a month!

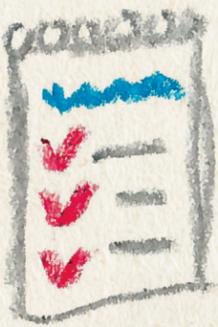


**40% of all food grown** in the United States is wasted.

**\$1,500**

**A family of four wastes approximately \$1,500 a year on food that is thrown away** – enough for 26 family trips to the movies, including snacks!

## SMART ACTIONS



**Smart Shopping:** Plan your meals, make a list, and buy only what you need.



**Smart Storage:** Learn how to store foods to keep them fresher, longer.

### Smart Savings:

Get creative and try new recipes to use up food before it spoils.



**Smart Prep:** Prep your food after shopping – wash, dry, slice and dice so everything's ready to cook on a busy weeknight.

