



Resources for Preventing and Recycling Food Waste at Home

According to the US Department of Agriculture, the US wastes roughly 40% of its food – the equivalent of about \$161 billion per year. Food waste is wasted at every point along the food chain: on farms and in fishing boats; during processing and distribution; in retail stores and restaurants; and at home. In fact, close to 43% of food waste overall comes from households. This means preventing and recycling food waste at home has the potential to significantly reduce food waste overall in the US.

There are countless resources available online to help guide people through understanding how to tackle food waste at home. NYSP2I has sorted through these resources online and summarized our favorites here.



FACTS AND STATS

New to the issue of food waste? Understand the problem with these materials.

1. Browse the [NYSP2I Clearinghouse](#) to learn about food waste and for business-focused tools.
2. Scroll through [Food is for Eating](#) for an introduction to the issue of food waste.
3. See [Food for Thought](#) for some overview stats about food waste that you need to know.
4. Get some key stats and beginning tips to stopping food waste at [Save the Food](#).
5. Learn how food waste is tied closely with food insecurity with [Feeding America](#).
6. Want a deep dive? [ReFED](#) rethinks food waste through economics and data.



PREVENTION

Learn to rethink your at-home food habits to stop wasting food.

1. [Do Good Save Food](#) shares nine easy tips to preventing food waste at home.
2. Talk trash to learn to save money with [USDA's Choose My Plate](#).
3. [Stop Waste](#) is a Pinterest-like list of fun and easy ideas to creatively use extra food.
4. Become educated on prevention strategies with [EPA's Reducing Wasted Food at Home](#).
5. Learn how to properly store food for maximum shelf life by using [A-Z Food Storage Tips](#) and [Food Storage Tips - Quick Reference](#).
6. Plan your meals and shopping lists to save money with this [Meal Planner](#).



DIVERSION

Want to stop throwing food scraps in the trash? There are lots of better options!

Composting – *whether it is done at home or off site, composting is a great way to give food scraps a second life while creating healthy soil.*

1. [Compost Made Easy](#) walks through the basics of composting: what, why, and how.
2. [What to Compost](#) tells you what items to compost as well as a troubleshooting guide.
3. [How to Use Compost](#) get you the most benefit from composting by understanding how to use it.
4. Use the [Outdoor Composting Guide](#) to learn to setup, monitor and benefit from your own bin.
5. Take tips from some of the pros with [Tomkins County - Cornell Cooperative Extension](#).
6. Worms?! Yes, worms. [Indoor Composting with a Worm Bin](#) and [Worm Bin Troubleshooting](#).
7. Everything you could want to know about composting is in the [NYC Master Composter Manual](#).
8. Curious about what diversion facilities are near you? Check out the NYSP2I [Organic Resource Locator](#), or the Cornell Waste Management Institute's [Compost Facilities Map](#).

Donation - *have extra dry goods or surplus from your garden? Get it to hungry people through one of your local food banks or food pantries.*

1. Learn about the realities of hunger in your community through [Feeding America](#).
2. Looking for a food pantry? Search [Find a Food Pantry](#), [Food Pantries website](#) and [Ample Harvest](#).
3. For the ins-and-outs of donating food, take a look at the [EPA's Donating Food Page](#).



Viewing this as a print-out? Find the e-version here to follow the resource links <http://bit.ly/foodwasteinfosheet>

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