

Reduce Reuse Recycle



Refuse Rot

GREEN CORNER- Zero Food Waste Series (Week 1 of 4)

Food Waste is the #1 global environmental issue that we, personally, can do something about. Rotting food in landfills produces the greenhouse gas methane that is 32X more potent than carbon dioxide from fossil fuel use (petroleum, coal, natural gas). I encourage everyone to watch a 3- minute video. Google: **Love Letter to Food**. ~Ponder your relationship with the food you buy.

Startling Statistics You Need To Know- In America, we waste almost 1/3 of the food we buy & bring home. It is purchased but not eaten because we buy too much, cook too much, order too much, do not know how to store it, forget about it in the back of the fridge or pantry. That can mean **\$1,500-\$2,500** per year thrown away! Next week I will introduce **TIPS** on how to read **Food Date Labels** on packaged food. Until then, eat what you buy!

Find more tips and tools at StopFoodWaste.org or contact me, Leticia Padilla, carlosletty3@gmail.com