

# National Nutrition Month

## Why You Need To Avoid Food Waste

Reducing food waste is a powerful step toward saving money and protecting our environment. Simple changes like buying local, choosing plant-based foods, and composting can significantly reduce our carbon footprint. We listed the benefits, practical steps, and necessary materials to make a sustainable difference.

### Benefits:

- Saves money for households, up to \$370 per person annually, and decreases landfill methane emissions, reducing the carbon footprint.
- Supports your community by buying locally grown produce. Environmental benefits from consuming plant-based proteins.
- Reduces use of resources through bulk buying and homemade snacks.
- Reduces landfill waste with composting and reusable containers.

### Whats the Point?

Avoiding food waste helps feed those in need by redirecting surplus food to hungry families instead of landfills. Minimizing food waste combats climate change by reducing methane emissions from decomposing food.

Conscious consumption preserves precious resources, ensuring a healthier planet for future generations.

### Pro Tips

Plan meals and buy only what you need, reducing impulse purchases and ensuring everything you buy is used.

Invest in quality reusable containers to store leftovers and keep food fresh longer, avoiding disposable packaging and reducing waste.

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# Request an Appointment

*Nutrition counseling is covered by most insurances, contact your insurance company for coverage details.*