

WAYS YOU CAN HELP

- Shop more wisely
- Plan your meals to prevent duplicate purchases by checking your pantry, fridge, and freezer before shopping to see what you already have
- Buy cosmetically imperfect produce
- Reorganize your fridge to store items for maximum freshness
- Put older items in the front of your refrigerator to ensure they are used before they expire
- Learn proper food storage
- Use the freezer
- Use leftovers
- Dedicate one night a week to using leftovers
- Look up ways to eat parts of fruits and veggies that you have traditionally thrown out
- Be mindful of portion sizes and avoid overserving, especially in restaurants
- To prevent food waste, consider donating surplus food to organizations that need it or composting food scraps



This pamphlet is prepared by:

South Carolina Family and Community Leaders

The mission of SCFCL is to improve the quality of life for individuals, families and communities through fellowship, education and service and
is organized exclusively for charitable and educational purposes.

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Waste Less, Eat Well

is a Community-Based Food Waste Reduction Initiative partnering together

South Carolina Family and Community Leaders (SCFCL) and Clemson University's Expanded Food and Nutrition Education Program (EFNEP)



WASTE LESS, EAT WELL

helps increase food security and reduce food waste through:

- Meal planning and budgeting
- Using leftovers creatively
- Proper food storage techniques to help minimize spoilage and waste

FOOD DESERT

- Food deserts are regions where people have limited access to healthful and affordable food. This may be due to having a low income or having to travel farther to find healthful food options
- Without access to healthful foods, people living in food deserts may be at higher risk of diet-related conditions, such as obesity, diabetes, and cardiovascular disease
- Several government bodies are now funding projects to prevent areas from becoming food deserts and to improve people's access to food in existing food deserts
- Barriers like income, community infrastructure and access to supermarkets all contribute to food deserts
- Other factors such as: education, employment and job training, access to local food markets and fresh produce, access to transportation and racial segregation contribute to food deserts



FOOD WASTE

- Food waste is food that is intended for human consumption that is wasted or lost
- Food waste can occur at any stage of the food chain, from farm stage, to harvest, to the household
- 40% or \$165 billion of our food is wasted in the US each year
- Food waste is one of the biggest environmental problems of our lifetime
- Food waste accounts for 16% of methane gas emissions
- Food waste wastes three of our important natural resources – water, fuel, and energy
- Food waste is a world-wide issue
- The amount of food lost world wide could make a country the size of Canada and India combined
- Food lost world wide is enough to feed three billion people
- Food waste has significant effect on the global and national economies, environment, food security and nutrition

FOOD SECURITY

- Food security exists when people have access to enough safe and nutritious food for normal growth and development
- Food security is a moral imperative, in that all people should have an equal and unrestricted access to food
- Food insecurity occurs when you don't have the access to safe and nutritious foods
- State of Food Security & Nutrition in the World (SOFI) 2023 report shows 757 million people faced food insecurity
- The World Food Program (WFP) 2025 Global Outlook estimates that 343 million people were acutely food insecure as of November 2024
- Key drivers of food insecurity are conflict, extreme weather and economic shocks, which often overlap and interconnect
- Core factors affecting someone's food security; use, access, availability and stability

