

# How much food do we waste\*?



\* Numbers on this chart represent estimated 2010 U.S. consumer food losses in and away from home. "Food loss" refers to edible food that is not consumed for various reasons including inadequate storage, overbuying, not eating before food spoils, confusion over "use-by" and "best by" dates, uneaten leftovers, plate waste, cooking loss, natural shrinkage (e.g., moisture loss), mold and other causes.

Source: USDA report, Feb 2014  
[www.ers.usda.gov/publications/eib-economic-information-bulletin/eib121.aspx](http://www.ers.usda.gov/publications/eib-economic-information-bulletin/eib121.aspx)



# Take action

## SHOP AND COOK SMART



Plan your meal



Shop your kitchen first



Shop with a list



Store properly

## KNOW YOUR DATES

**SELL BY**  
for stores still edible

**BEST BY**  
for best flavor still edible

**USE BY**  
for peak quality still edible

## DONATE

The "Good Samaritan Act" protects you from liability. Contact these local charities for food donation information:

- **St. Peter's Episcopal Church**, 334 14th St., Del Mar, CA 92014 – (858) 755-1616
- **Community Resource Center**, 650 2<sup>nd</sup> St., Encinitas, CA 92024 – (760) 753-8300
- **St. Andrew's Episcopal Church**, 890 Balour Dr., Encinitas, CA 92024 – (760) 753-3017
- **San Diego Food Bank**, 9850 Distribution Ave., San Diego, CA 92121 – (858) 527-1419
- **North County Food Bank**, 680 Rancheros Dr., Ste. 100, San Marcos, CA 92069 – (858) 527-1419

## More information:

[delmar.ca.us/680/Go-Green-Del-Mar](http://delmar.ca.us/680/Go-Green-Del-Mar)



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