Why your food consumption matters[1,2]

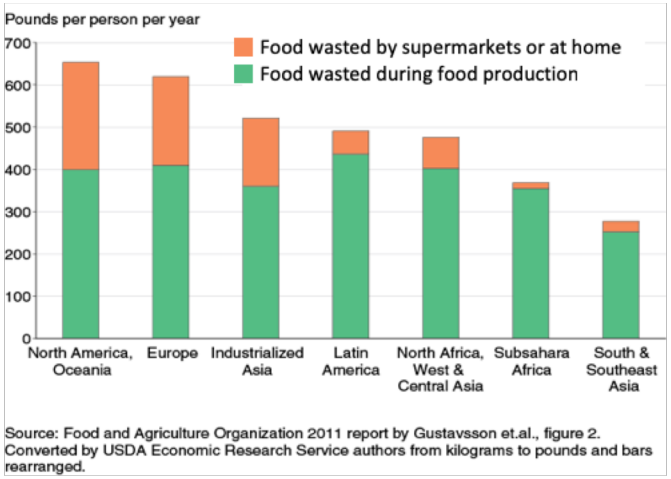
- The United Nations estimates that one in nine people in the world do not have access to enough food to lead a healthy life[1].
- More than one-third of the food that is produced is wasted[1]. Food waste can occur both at the production stage (when food is made) and at the consumer stage (when people throw away food that is still good). In high and medium-income countries, 40% of food waste occurs in supermarkets and in homes[2].
- Wasting food also means wasting all the energy and natural resources that were used for growing, processing, transporting, storing, and cooking the food.
- Food waste that ends up in landfills makes a large amount of methane. Methane is a more powerful greenhouse gas than carbon dioxide (CO_2), which makes global warming worse.
- It takes a lot of water to grow and make food. Wasting food also means wasting the water that was used to make the food. Throwing out one kilogram (2.2 pounds) of beef is the same as wasting 50,000 liters, or 13,209 gallons, of water that were used to produce the beef.
- Roughly one-third of the word's total farmland is used to grow food that is wasted.

[1] https://www.moveforhunger.org/the-environmental-impact-of-food-waste/

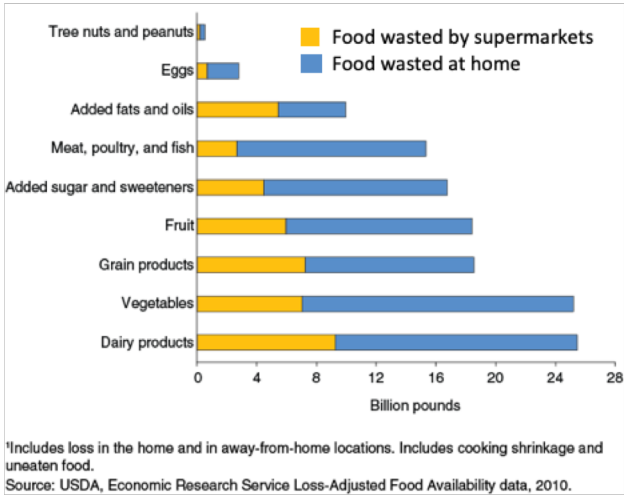
[2] https://www.washingtonpost.com/news/theworldpost/wp/2018/07/31/food-waste/?noredirect=on&utm_term=.98d74b02eaa4

Data on food waste[1,2,3]

- Most food waste happens during food production.
- In more developed regions, more food waste occurs in supermarkets or at home.



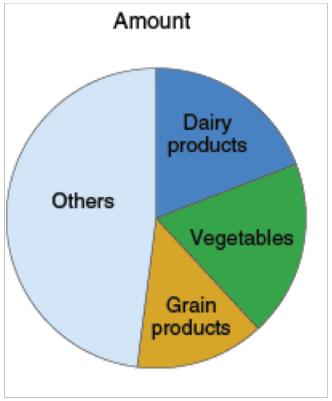
Source: Food and Agriculture Organization 2011 report by Gustavsson et.al., figure 2. Converted by USDA Economic Research Service authors from kilograms to pounds and bars rearranged.



[1]Includes loss in the home and in away-from-home locations. Includes cooking shrinkage and uneaten food.
Source: USDA, Economic Research Service Loss-Adjusted Food Availability data, 2010.

- For most foods, more food is wasted at home than by supermarkets.

- In the U.S., dairy products, vegetables, and grain products made up more than half of the food waste.
- In 2010, an estimated 290 pounds of food per person went uneaten because people threw the food away.



Source: USDA, Economic Research Service Loss-Adjusted Food Availability data, 2010

[1] https://www.ers.usda.gov/amber-waves/2014/june/food-loss-questions-about-the-amount-and-causes-still-remain/
[2] http://www.fao.org/save-food/resources/keyfindings/en/
[3] https://water.usgs.gov/edu/wupt.html

Measuring your food impact[1,2]

The impact of food waste can me measured in multiple ways, including not only the amount of food, but the water or carbon value of the wasted food.

Direct food impact

This includes waste from throwing out rotten or uneaten food.

Measurements are done by counting or weighing the amount of wasted food over a certain period of time.

Indirect food impact

This accounts for the water and carbon value of wasted food. For example, to produce one large egg, it requires 414 gallons of water and 0.49 pounds of carbon dioxide are emitted.

- The water value of a food item is measured in volume of water (gallons or liters) per mass (kilograms, pounds, etc.) or amount of the wasted food item.
- The carbon value of a food item is measured in amount of carbon dioxide emissions (CO_2) (tons, pounds) per mass mass (kilograms, pounds) or amount of the wasted food item.

[1] https://onlinelibrary.wiley.com/doi/abs/10.1111/jiec.12174

[2] https://waterfootprint.org/media/downloads/Report47-WaterFootprintCrops-Vol1.pdf