REDUCE YOUR CARBON "FOODPRINT"

Food Waste is a significant challenge ripe with opportunity for change. Here are the facts from our study on Oakville's Household food loss & waste in 2019-2020 and how it contributes to our Carbon Footprint or "Foodprint", as well as ways to reduce your food waste

Food waste is made at every stage of the food system.

Food waste has two types of waste:

Avoidable (from spoiled or excess food like stale bread or uneaten sandwiches)
Unavoidable waste (from preparation or cooking like banana peels or egg shells).

In Oakville, collectively, our household Food Loss & Waste is

16,370,139 KG of CO_2 per year.

That is like **85.4KG** per person.

OR **10,497** on the road per year.

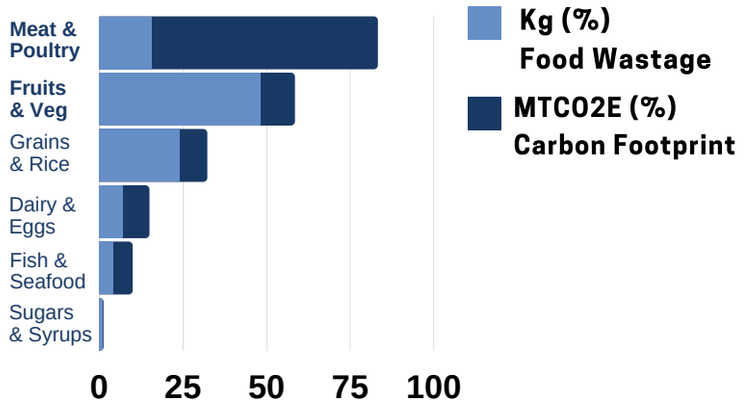
HOW TO REDUCE YOUR CARBON "FOODPRINT"...

- Plan ahead, purchase only what you need.
- Learn about best before and expiration dates.

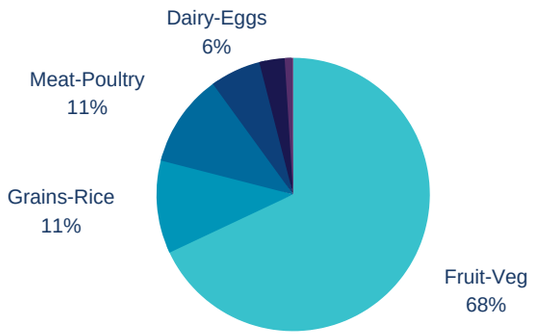
**Avoid Impulse buying.

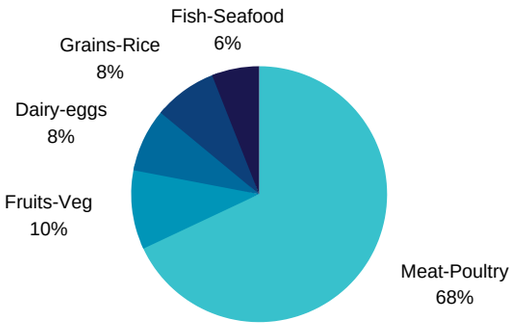
- Learn about proper food storage.
- Save leftovers.
- Organize your fridge.
- Compost when possible.
- Freeze as much as possible.
- Be mindful of meal portions.

Each food group contributes differently to overall food waste and to our carbon 'foodprint'



On average, fruits and vegetables were thrown out the most, both as unavoidable and avoidable waste.





Meat and Poultry weren't wasted as much as fruits and vegetables but had a large impact on our Carbon 'foodprint'.

HALTON ENVIRONMENTAL NETWORK
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