Ever made food and thrown away the leftovers? Ever thought about where the excess food at restaurants goes? Every year millions of tons of perfectly good food is thrown away, and we are all to blame for this. While most of us are fortunate to have access to food, over 50 million Americans do not have enough to eat.

With minimal effort, this is something we can help combat! We’ve started by creating a chapter of the Food Recovery Network at UNCG. The Food Recovery Network unites students on college campuses to fight waste and hunger by donating the surplus, unsold food from their colleges and donating it to local people in need. Founded in 2011, FRN has grown to include chapters at more than 110 colleges and universities in 30 states that have recovered over half a million pounds of food!

A few shocking stats on food waste:
• 40% of food in the U.S. is never eaten.
• In 2010, discarded food represented the single largest component of waste in landfills.
• America wasted 33.79 million tons of food in 2010 - enough to fill the Empire State Building 91 times.
• Every day, Americans waste enough food to fill the Rose Bowl.

How can you help? It’s simple!
• Learn how long foods will keep so they don’t spoil before you plan to use them.
• Make a grocery list and shop on a full stomach to avoid impulse purchases.
• Put new groceries in the back of your fridge or pantry, so you’ll use older food first, before it expires.
• Learn to reuse food for another meal.
• Join the UNCG Food Recovery Network to help your campus and community!

Connect with us on Facebook: https://www.facebook.com/uncgfrn
Or email us at FRN-UNCG@hotmail.com

FIGHT WASTE • FEED PEOPLE • MAKE A DIFFERENCE