



During this Ramadan, take the pledge to

# Reduce Food Waste

## Did you know?



APPROXIMATELY

500,000

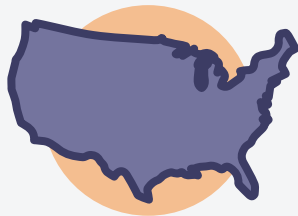
San Diegans struggle with not having enough food to eat



AMERICANS CREATE

70 billion

pounds of food waste each year



MORE THAN

48 million

Americans live in a household struggling to avoid hunger

## Checklist to reduce food waste



Make a shopping list



Don't shop while hungry



Buy canned or frozen foods



Store food correctly



Freeze food



Use leftover ingredients



Think of creative uses for old products



Share food with friends & neighbors



For quick and easy recipes visit [Eatfresh.org](https://eatfresh.org)

## Do your part



This Ramadan, let's continue to thank Allah for our blessings and be careful with the food we cook and consume!



Donate food and put it on the plates of those who need it

[Take the online pledge](#) to stop food waste

