

# SIMPLE CHANGES, BIG IMPACT.

## Food waste by the numbers

40%  
of all the food brought  
home in America  
goes uneaten.<sup>1</sup>

That's enough  
to fill a 90,000 seat  
Rose Bowl stadium  
every day.<sup>2</sup>

Save money  
by wasting less.

Food waste costs  
the average American family  
**\$2,500 annually.**<sup>3</sup>



### Tip 1

Use what you have.

Could tonight's dinner be hiding in your kitchen?  
Feel confident using ingredients you already have  
and waste less with the help of

[BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

### Tip 2

Creativity begins  
with leftovers.

One night's dinner can lead to unlimited possibilities.

Start with  
Steak

Then transform  
your leftovers  
into entirely  
new dishes!

Beef and  
Spinach  
Breakfast  
Sandwich

On-the-Go  
Layered Beef  
Salad

### Tip 3

Smart food storage  
saves food and flavor.

Beef can be stored in  
the refrigerator at **40°F**  
for a total of 3-5 days.<sup>4</sup>

### Tip 4

Need an ally in the fight  
against food waste?  
Try your freezer.

Let's see how long some of your favorite foods  
last at the peak of freshness when stored in your freezer properly.<sup>4</sup>

Raw beef, steak and roasts ..... **6-12 months**

Cooked carrots and spinach ..... **10-12 months**

Milk ..... **3 months**

Bacon ..... **1 month**

Did you know...

Cattle help mitigate  
food waste by eating  
things like beet tops  
and bruised and  
misshapen vegetables?<sup>5</sup>

Join the  
**Food Waste Challenge**  
and share ideas and images  
of your commitment to  
fight food waste.



**#WasteLess**

<sup>1</sup> Food Waste: The Facts, WorldFoodDay.org, 2015.

<sup>2</sup> Food Waste Facts in the U.S., FoodShift.net, 2014.

<sup>3</sup> Sustainability Executive Summary, BeefBoard.org, 2015.

<sup>4</sup> U.S. Food and Drug Administration, Protecting and Promoting Your Health, 2011.

<sup>5</sup> From farm to fork to farm: Recycling grocery food waste into cattle feed, The University of Georgia College of Agricultural & Environmental Sciences, 2012.



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