

April 22nd, Launch DAY

Today, Earth Day 2021, CFUW Stratford is launching a Food Waste Reduction Campaign focusing on food waste in our home kitchens. This is an important climate action. For the next 10 weeks, new campaign posts will appear on our Facebook and Instagram urging you to USE IT ALL UP. You can also find more information on our Food Waste Reduction page on our website, including a campaign Fact Sheet > <http://cfuwstratford.ca/cutting-down-on-food-waste-cfuw-stratford/>

We invite you to participate! Share your thoughts, recipes, ideas, and whatever else you might suggest to support growing community awareness of the importance of reducing food waste in our fight against climate change. Discarded food sent to landfill emits harmful methane and even when food that could have been eaten ends up in our Green Bins or composters instead of landfill, we waste the energy and resources that were invested in growing, harvesting, processing, and transporting it.

According to estimates obtained from the Agriculture and Agri-food Canada website "more than half of Canada's food supply is wasted annually and \$49.5 billion of that wasted food is avoidable." The Government of Canada has embarked on a campaign to cut food waste in half by 2030.

Our campaign sets out steps that you can take at home to reduce avoidable household food waste and help cut Stratford's food waste in half by 2025. May we count on you to join us in meeting this challenge? Let's join forces, and together, learn how to USE IT ALL UP!

Understand your household food waste

Shop with intent

Expect leftovers and embrace the options

Inventory your pantry and shop there first

Try prepping for several meals at once

Add-ins add flavour

Label and date those leftovers

Look for and collect pantry friendly recipes

Unless you need it, don't buy it

Perishables need TLC



*Food Waste Reduction Campaign, Spring 2021
CFUW Stratford*