

# 10

## WAYS TO MINIMIZE FOOD LOSS AND WASTE



### FOOD WASTE

HAPPENS AT THE RETAIL AND CONSUMER LEVEL

**61%**

OF GLOBAL FOOD WASTE HAPPENS AT THE HOUSEHOLD LEVEL

**40%**

OF FOOD WASTE IN HIGH-INCOME COUNTRIES OCCURS AT THE RETAIL AND CONSUMER LEVELS

THE AVERAGE PERSON WASTES ABOUT **74KG**

OF FOOD PER YEAR GLOBALLY

1/3 OF ALL FOOD PRODUCED GLOBALLY, ABOUT **1.3**

BILLION TONS IS LOST OR WASTED EACH YEAR



### FOOD LOSS

OCCURS AROUND THE SUPPLY CHAIN BEFORE IT REACHES YOUR HOME



**20-50%**

OF FRUITS AND VEGETABLES ARE LOST GLOBALLY

**14%**

OF GLOBAL FOOD IS LOST BETWEEN HARVEST AND RETAIL

**10-12%**

OF MEAT AND 35% OF SEAFOOD ARE LOST

IN LOW-INCOME COUNTRIES, UP TO **40%**

OF FOOD LOSS OCCURS POST-HARVEST

# 10 WAYS TO MINIMIZE FOOD LOSS AND WASTE

#### PLAN AND BUY WISELY



PLAN MEALS, BUY ONLY WHAT YOU NEED

#### PROPER FOOD STORAGE



STORE FOOD CORRECTLY TO KEEP IT FRESH

#### USE FIRST, BUY LATER



USE OLDER ITEMS FIRST

#### COOK SMART



COOK ONLY WHAT YOU NEED

#### DONATE EXCESS FOOD



DONATE EXTRA FOOD TO THOSE IN NEED

#### COMPOST FOOD WASTE



COMPOST FOOD SCRAPS

#### EDUCATE AND SPREAD AWARENESS



RAISE AWARENESS ON REDUCING FOOD WASTE

#### PRESERVE FOOD



FREEZE, CAN, OR DRY TO EXTEND SHELF LIFE

#### USE UGLY OR IMPERFECT PRODUCE



BUY AND EAT 'UGLY' PRODUCE

#### TRACK AND ANALYZE WASTE



TRACK YOUR FOOD WASTE

**TAKE ACTION TODAY!**  
SAVE FOOD, SAVE RESOURCES, SAVE THE PLANET



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