

Upcycling Thanksgiving Leftovers

REDUCING HOLIDAY FOOD WASTE

FIND OUR
RECIPES HERE



Use up produce by adding it to salads, sandwiches, soups, wraps, or even smoothies!



FOOD WASTE

Americans waste up to 40% of their food, especially produce, fish, grains, meat, and milk. Food waste accounts for 14% of emissions.



Ways to Limit Food Waste:

- Buy only what you can use, especially for perishable foods
- Plan meals to use ingredients you already have on hand
- Try smaller portions at restaurants and ask for to-go boxes
- Look up composting options near you
- Learn to love leftovers



FIND MORE INFORMATION
ON PREVENTING FOOD
WASTE HERE!

SUSTAINABILITY:

Meeting the needs of the present without compromising the ability of future generations to meet their needs

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References:

- Buzby J. Why should we care about food waste? USDA. <https://www.usda.gov/foodlossandwaste/why>. Accessed November 1, 2022.
- Preventing Wasted Food At Home. EPA. <https://www.epa.gov/recycle/preventing-wasted-food-home>. Published April 8, 2022. Accessed November 1, 2022