





# USE THE FoodNC

FOOD WASTE STOPS WITH ME

## Social Media Guide for Food Waste Reduction

According to the EPA, more than one-third of the food produced in the United States is never eaten and food waste is the single largest type of material being landfilled or incinerated. The N.C. Division of Environmental Assistance and Customer Service (DEACS) has developed the Social Media Guide for Food Waste Reduction to educate the public on how to reduce household food waste in North Carolina. This kit provides helpful tips and insightful facts for everyone to join the fight against food waste. For more information or questions about the toolkit, contact Christine Wittmeier at [christine.wittmeier@ncdenr.gov](mailto:christine.wittmeier@ncdenr.gov) or 919-707-8121.

### Do Your Part — Use the Food. #UsetheFoodNC

IMAGE	TEXT FOR FACEBOOK AND TWITTER CAPTION
 <p><b>BITE SIZE TIP</b> Practice first in, first out Put older food items in the front and newer items in the back.</p>	<p>First in, first out to reduce food waste! Place older food products in the front so that you use them before opening new products. #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ</p>
 <p><b>FOOD LABELS 101</b> Food date labels refer to a product's best quality and not when it's unsafe to eat.</p>	<p>Save edible food from the garbage. Trust your senses — not just the date — to determine when food has gone bad. *No matter what, when in doubt, toss it out. #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ</p>
 <p><b>SHARE THE FOOD</b> 1 in 8 North Carolinians are food insecure. Donate to your local food bank today!</p>	<p>Bought too much? Remember, you can donate food to help those who are food insecure. Learn more about Feeding the Carolinas at <a href="http://www.feedingthecarolinas.org">www.feedingthecarolinas.org</a>. #UsetheFoodNC #NCDEQ #donatefood #foodwaste prevention</p>
 <p><b>BITE SIZE TIP</b> While shopping, rescue 'misshapen' produce — it is safe, nutritious, and sometimes discounted!</p>	<p>Food Fact: 40% of the food produced in the US is wasted. Some is thrown away simply because it looks different. Even if it is small, an odd shape, or a different color, it's still good to eat. Don't judge a banana by its peel! #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ</p>

## BITE SIZE TIP



Fresher produce lasts longer, so buy locally to get the best shelf life from your produce.



According to the EPA, produce is the most frequently wasted type of food. You can reduce the amount of produce that goes bad by buying local, which lasts longer than items shipped from around the world. #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ

## BITE SIZE TIP



Plan meals around ingredients you already have in the fridge or pantry.



Always check your pantry and refrigerator before you make your shopping list. #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ

## SOME FRUITS ARE FOES

Some fruits give off a gas that cause other fruits to spoil faster. Keep them separated.



Some fruits like bananas, avocados, apples, and peaches give off a gas called Ethylene that causes other fruit to spoil faster. Store them separately to make produce last longer. Check out [Seattle's Love Food, Stop Waste Fruit and Vegetable Storage Guide](#).

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## EAT THE FOOD



An average family of four wastes \$1,500 on uneaten food every year!



Visit [usethefood.nc.gov](http://usethefood.nc.gov) to learn how you can save food and money. #UsetheFoodNC #foodwastefriday #foodwastetips #foodwaste prevention #NCDEQ