Have you ever stopped to think how much food goes to waste? 20% of the food Americans buy, they end up throwing away.

Eating all that food would cost $160 a month, or $1920 a year, or $52,500 a lifetime! That's $1300 more than the average Seattle household spends on groceries. It's the equivalent of $1500 a month, or $18,000 a year. That's a lot of money!

The average American family of 8 wastes about 100 pounds of food a month, or 1225 pounds a year, or 30,600 pounds in their lifetime. That's a lot of food.

Only 5% of the food Americans waste is edible. The rest is wasted because it is damaged, expired, or spoiled.

If Americans could eat all the food they buy, it would save Americans $160 a month, $1920 a year, or $52,500 a lifetime. It's the equivalent of $1500 a month, or $18,000 a year. That's a lot of money!

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ገንዘብ ለማዳን እና ብክነትን ለመቀነስ እነዚህን ዘዴዎች ይመልከቱ።

• ከሥር ያለው የምግብ እቅድን ይፍጠሩ - ምን እንደሚበሉ ይወስኑ ይህም ወደ ግሮሰሪ ከመሄድዎ በፊት ነው።
• በምግብ እቅድዎ መሰረት የግዢ ዝርዝር ᯫስሩ እንዲሁም ከእያንዳንዱ ምን ያህል ይወስኑ።
• በዝርዝርዎ ይጽኑ - ዝቅተኛ የሆነ መያዣ ወይም በእጅ የሚያዝ ዝንቢልን በመጠቀም ልዩ ስምምነቶችን እና ያለእቅድ ይህም ግዢዎችን ይስወinterop።
• የሚያስፈልግዎን ብቻ ይግዙ - ከጅምላ ቦታዎች በመግዛት እና የላልል ፍራፍሬዎችን እና አትክልቶችን በመግዛት ቀድመው ይታሸጉ ይህም ነዉ።

የቀን ልጣፎችን ይረዱ

• ምርጥ ከደህንነት ጋር ግንኙነት የላቸውም።
• ምግብ መጥፎ ደረጃ ላይ ደርሶ ከሆነ እንዴት ለራስዎ መንገር እንዳለብዎ ይማራ ይህም በቀል ልጣፉ ላይ ከመደገፍ ይልቅ መልካም ነው።
• ይጨቅላ ህጻናት ፎርምህላ ብቻ ከዚህ ውጪ ነው። ከ“አገልግሎት ማብቂያው በኋላ” ጥቅም ላይ መዋል የለበትም።

ማብሰልን እና መመገብን ቀላል ያድርጉ

• መክሰሶች ማለትም እንደ ሴለሪ ስтики እና የተዘጋጀ ምግብ - ይህም በሳምንት ውስጥ የሚደረገውን የ豢ር ለማቅለል ነው።
• እቅድዎን ትክክለኛውን መጠን ለመመን አድርገው ጥቅም ላይ ያውሉ።
• ትርፍራፊዎችን ወደ የምግብን ያቃሉ ምህበረሰብ ይችላል።

n seattle.gov/util/stopfoodwaste

የግሌ ያስረት ተጨማሪ መማር ይችላሉ እንዲሁም ትርፍራፊዎችን ወደ ይስወinterop።