40% of the food we throw away could feed 40 people every day.

5% of residential food waste is enough food to feed 2.5 families a year. An elephant.

20% of the food you buy every week ends up in the trash. A horse, a sheep.

$1500 a year going to waste. A bicycle.

$160 a year going to waste. A tablet.

A $400 apple.

$100 a year going to waste. A pair of shoes.

$60 a year going to waste. A passport.

$30 a year going to waste. A haircut.

$20 a year going to waste. A fishing license.

$10 a year going to waste. A cup of coffee.

$5 a year going to waste. A hairbrush.

$5 a year going to waste. A toothbrush.

$5 a year going to waste. A ball.

$4 a year going to waste. A notebook.

$3 a year going to waste. A pen.

$3 a year going to waste. A magazine.

$2 a year going to waste. A phone.

$2 a year going to waste. A bag of chips.

$2 a year going to waste. A bag of M&Ms.

What could you buy with all that food instead? A day of food in the US.

To learn more about food waste, visit seattle.gov/util/stopfoodwaste.
ንዘብ መምርሒታት ተ解决

ተናገር ተኹራይ

ተናገር ተኹራይ ጋር ወማን ከምኽንት ከምዘለካ ተመሃር፣ ሙሉእ ብሙሉእ ኣብ ናይ ዕለት ፅሑፋት ካም ምምርኳስ።

ብዘይካ ናይ ህፃን ፎርሙላ። ድሕሪ “መጥቀሚ” ዕለት ክትጥቀም የብልካን።

ምግቢ ቅድሚ ምብልሻዉ ኣድሕኖ

“መጀመርያ ዝብላዕ” ዝብል ሳጥን ወይ መደርደሪ ንቅድሚያ ዝብልዐ ምግቢታት ኣዳሉ።

ሰሙናዊ ናይ ተረፍ ምብላዕ ምሸት ፍለ።

ክበላሾን ክዕሱን ዝበለ ምግቢ ምድሓን ተመሃር።

ክትውድኦ ዘይከኣልካ ኣዝሕሎ።

ምግቢኻ ምስ መሓዙት፣ ቤተሰብን ጎረባብቲን ተኻፈሎ።

ምግቢ ከይተበላሸወ ንነዊሕ ግዜ ንክፀንሕ ከዝኖ

нструን እዋን ከምዝፀንሕ ገይርካ ንምኽዛን መምርሒ ረአ።

ሓደሽቲ ምግቢታት ብድሒሪ ዝፀንሑ ምግቢታት ኣቐምጦም ኣየናይ መጀመርያ ክትበልዕ ከምዘለካ ንምዝካር።

ምግቢታት ኣብ ንፁር መትሐዚ ኣቐምጥ እንታይ ምኻኑ ሪእኻ ዋኝ ያለው በምንእንታን።

ምግቢ ንነዊሕ እዋን ከምዝፀንሕ ገይርካ ንምኽዛን መምርሒ ረአ።

 puddings, soups, and other refrigerated items

ምስ ምስ መሓዙት፣ ቤተሰብን ጎረባብቲን ተኻፈሎ።

SPU ‘ምግቢ ይፈቱ ብምትሕብባር ናይ ከባቢያዊ ገለፃታትን ፊልም ስክሪኒንግን ምግቢ ምብኻን የድው ንምባል ስራሕ።