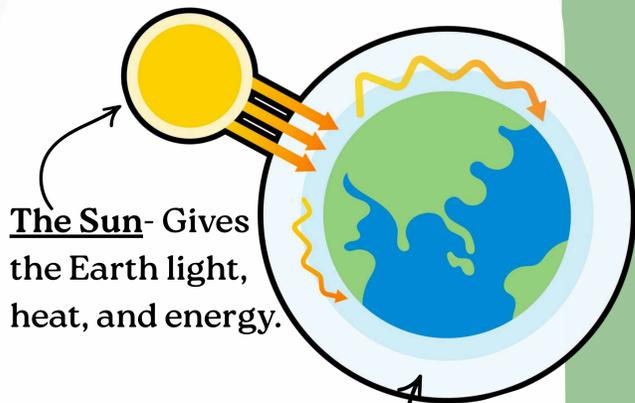


# Stop Food Waste, Help Our Planet

## Earth's Warmth Team: The Sun and Atmosphere



**The Sun**- Gives the Earth light, heat, and energy.

### The Atmosphere-

- A blanket of air around Earth that gives oxygen to breathe, protects living things, and helps keep the planet at the right temperature.
- Made up of greenhouse gases that trap heat from the sun, like a warm blanket around Earth.

## 3 Greenhouse Gases to Watch:

### Where are these gases found in our food system?

### 1 Methane (CH<sub>4</sub>)



CH<sub>4</sub>

- In landfills where wasted food breaks down without air
- In manure piles
- When cows and other animals digest their food

### 2 Carbon Dioxide (CO<sub>2</sub>)



CO<sub>2</sub>

- In factories that make and package food
- Around trucks, ships, and planes that move food
- Near tractors and farm machines that run on fuel

### 3 Nitrous Oxide (N<sub>2</sub>O)



N<sub>2</sub>O

- In farm soil or fields with extra or unused fertilizer
- Near rivers, streams, and wetlands where fertilizer runoff gathers after rain washes it away

## What is food waste?

Food that is grown or made but not eaten.



## Wasted Food

=  
Wasted resources: water, energy, and hard work  
+  
More pollution, including greenhouse gases, that warm the climate

## Where is food waste found?

Food can be wasted at every stage of the food system, from farms to grocery stores to our own plates.



Farms



Schools



Stores



Homes

## How Can YOU Help Our Planet?

- Take only what you will eat
- Save food for later (if allowed)
- Compost food scraps
- Try new fruits and vegetables
- Eat "imperfect" fruits and vegetables
- Help choose foods your family will eat
- Check dates and store food the right way
- Donate extra, unopened food
- Eat leftovers
- Share food instead of wasting it
- Help with food drives at school or in your community

## What happens to Earth when food is wasted?

Wasted food and resources, and more pollution can lead to:



Warmer Temperatures



Stronger Weather



Unhealthy Land and Water



Wasted Resources

THE UNIVERSITY OF RHODE ISLAND COLLEGE OF HEALTH SCIENCES

Special Thanks to Our Food Rescue Partners:

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