

# FOOD THROWN AWAY EVERY DAY IN CANADA:

 **470,000**  
EGGS

**2,600,000**   
POTATOES

 **1,225,000**  
APPLES

**1,000,000**   
CUPS OF MILK

 **650,000**  
LOAVES OF BREAD

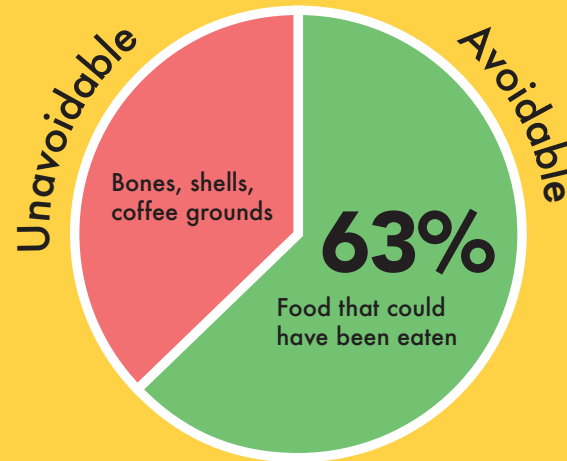
One third of all food produced globally is wasted, and 63% of the food Canadians throw away could have been eaten.

This problem isn't just in restaurants and grocery stores. Nearly 21% of the value of food waste in Canada occurs in our homes. This wasted food costs a typical Canadian household \$1,300 per year. The good news is that this problem is easy to solve if we all make some simple changes.


Visit [LoveFoodHateWaste.ca](https://LoveFoodHateWaste.ca) for easy tips to reduce your food waste.


# 63%

OF FOOD WASTE  
IS AVOIDABLE



Visit [LoveFoodHateWaste.ca](https://LoveFoodHateWaste.ca) for ideas to reduce your food waste.

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**FoodMesh**   
Give food a second chance

 **REGIONAL  
DISTRICT  
OF NANAIMO**



# ORGANIZE YOUR FRIDGE

## TO MAKE FOOD LAST LONGER

# WHERE YOU STORE FOOD IN YOUR FRIDGE MATTERS

Set your fridge temperature at 4°C or lower.



## DOOR

Condiments, juices, water

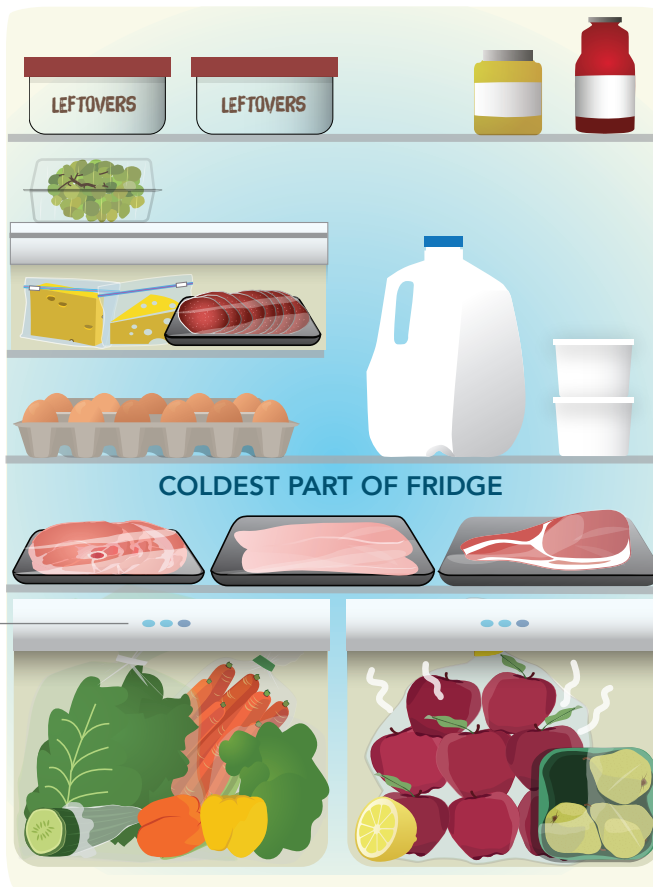
## DELI DRAWER

Cheese, deli meats

**THE DOOR IS THE  
WARMEST PART  
OF FRIDGE**

## SET HUMIDITY LEVEL

The adjustable levers on the crisper drawers change humidity levels. If your fridge has these, set one to high humidity (closed, less air coming in) and one to low (open, more air coming in).



## UPPER SHELVES

Leftovers, drinks, ready-to-eat foods, field berries

## MIDDLE SHELVES

Milk, eggs, dairy

## BOTTOM SHELF

Raw meat and seafood (trays prevent drips from contaminating food below)

## CONTROL THE RIPENING PROCESS

Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate foods that create ethylene from the foods that are damaged by it. Keep ethylene producers in a loosely tied bag.

**SOME PARTS OF YOUR FRIDGE  
ARE WARMER THAN OTHERS**

## HIGH HUMIDITY DRAWER

(Vegetables and fruit that WILT)

Carrots, leafy greens, broccoli, asparagus, cabbage, cauliflower, cucumber, green beans, lettuce, spinach, squash, kiwi, peppers

## LOW HUMIDITY DRAWER

(Ethylene producers)

Apples, pears, grapes, mushrooms, melons, peaches, papayas, mangoes, oranges, lemons

**KEEP YOUR FOOD FRESH BY  
KNOWING YOUR FRIDGE  
STORAGE BASICS**