

reduce food waste WITH FROZEN FOODS

8 WAYS
Frozen Food
Helps Reduce
Food Waste!

40%

of ALL FOOD in
America is wasted.



THAT'S
NEARLY

220 LBS

of food
waste per
person!



1

WHAT YOU NEED - WHEN YOU NEED IT
Use frozen foods to prepare and eat only what you need.

2

LONGER SHELF LIFE
Frozen foods are perfectly preserved for extended shelf life.

3

ALWAYS IN SEASON
Frozen foods offer consistent quality all year around.

4

RIGHT-SIZED PORTIONS
Individual frozen meals and single-serve novelties come perfectly portioned for less food waste.

5

CONVENIENT RECIPE INGREDIENTS
Frozen foods add ease and flexibility when cooking at home.

6

100% EDIBLE
Kitchen chores like peeling, chopping and prepping are done for you; that's zero food waste while saving valuable time in the kitchen!

7

USE IT NOW - USE IT LATER
Use what you need; then simply toss the rest back in the freezer for another meal or snack.

8

FROZEN FOOD PACKAGING PERKS
Some frozen foods go from freezer—to microwave or oven—to the table, saving extra dishwashing, excess water and valuable time!



Americans
waste **25%**
of the food
they buy.



THAT'S like tossing out
1 of every 4 grocery bags!

FOOD WASTE
ADDS UP!



\$1,500/YEAR
FOR A FAMILY OF 4

WHERE DOES
HOUSEHOLD
FOOD WASTE
COME FROM?



34%
of Americans
**never take
stock** of their
groceries
**BEFORE
going to
the store.**



DID YOU KNOW?

FOOD WASTE IS THE NUMBER ONE
COMPONENT IN U.S. LANDFILLS TODAY.

Brought to you by:

NFRA

National Frozen & Refrigerated Foods Assoc.



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home
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