

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



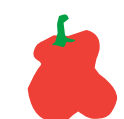
## FROM PLATE TO PLANET

Ever stop to ponder the journey of your food from fridge to fork? You're not alone if the answer is 'rarely.' But here's the reality: our daily meals often come with a side of waste – excess accoutrement, if you will. From overlooked leftovers to prematurely spoiled produce, the path from pantry to plate is rife with opportunities for food to meet its untimely demise. But fear not! We're serving up some savory strategies to curb food waste and savor every last bite.

## FOOD FOR THOUGHT

According to **Feeding America**, 119 billion pounds of food is wasted in the United States each year. That equals to 130 billion meals and more than \$408 billion in food tossed in the garbage. Imagine the number of people that amount of food could feed. **Concern USA** states the world produces enough food to feed all of its 8 billion people, yet 828 million people go hungry every day.

Looking at those statistics is staggering, but also shows the opportunity in front of us. Even small changes to the way we consume can result in large changes to the planet. Let's work together to build a more sustainable world.



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## TIPS FOR TACKLING FOOD WASTE

**1. Take an inventory:** How many times have we gone to the store and realized we have no idea what's in our fridge or pantry? Make a clear list of what food we need to buy. It prevents buying too much food, duplicating products, keeps us more organized, and we'll save on your grocery bill, too!

**2. Create a meal plan:** Having a list of meals and ingredients for each meal can help with grocery shopping, which ultimately means less time at your local grocery store. To make this even more impactful, make a food calendar. (More on this topic next week!).

**3. Save and eat leftovers:** Rather than placing leftovers in the fridge and forgetting about them, make it a priority to eat that awesome meal the next day!

**4. Buy "ugly" foods:** We're not telling you to buy rotten food, but how about instead of buying a perfect round apple, choose to buy the lopsided one! It may not look as pretty, but it tastes just as good.

Don't commit to all of these at once. Try one or two and see how easy it can be to help reduce food waste. Build Our World to a more waste-free future. 

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**Work Right NW** is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

