

THRILL TO THE CHILL

As you've seen, food waste is a serious problem in America. But you and your family can help by using frozen and refrigerated foods!

Frozen foods are *flash frozen* to lock in flavor and nutrients. This quick-chill method uses extremely cold air to keep ice crystals small. This prevents the food from losing moisture and drying out when it thaws. So when you're ready to use it, the food is as fresh as the day it was picked or prepared. And because we can take only the amount of food we need, there is much less waste.

Here are some other ways to help reduce food waste:

- Follow the recommended portion size on the Nutrition Facts label so you don't prepare more food than you can eat.
- Only thaw the amount of frozen food that you are going to eat.
- Keep an eye on the "use by" dates on refrigerated foods so they don't go to waste.

Part 1

Now solve these word problems to find out why we need to do all we can to reduce food waste!

1. Americans eat only 60% of the food they buy. What percent of the food is thrown out?

2. An average American family of four throws away up to \$2,000 worth of food each year. How much is that per person?

3. About 133 billion pounds of food is thrown away every year in America. In five years, how many billion pounds of food is that?

Part 2

Time to take action! Explain why food waste is a problem in America. Then list two ways families can help solve the problem.

Why Food Waste Is a Big Problem:

How Families Can Help Solve the Problem:

1. _____

2. _____



© 2021 National Frozen & Refrigerated Foods Association

FAMILIES: VISIT **EASYHOMEMEALS.COM** TO FIND DELICIOUS AND NUTRITIOUS RECIPES USING FROZEN AND REFRIGERATED INGREDIENTS.