



Be Mindful of Food

Submitted by: Lynne Yamaichi

Reiko Iwanaga shared this article, “A third of U.S. food is wasted” (Rotary Magazine, April 2025) with the EcoSangha members and suggested I share with the Sangha as well.

Do you find yourself cleaning out your pantry and/or refrigerator with the excess bought and can no longer be consumed? Often we feel bad about tossing the wasted food. Once tossed that thought is also gone. Then we do it all over again and again.

“A third of food that’s sold in the U.S. goes to waste, and about half of all wasted food comes from our homes, with the rest from restaurants, factories, farms and other sources,” “...rejected food ends up in landfills. In the U.S., nearly a quarter of the solid waste inside those huge mounds is food, mingled with discarded furniture, packaging, electronics and clothing. As it rots, food releases methane, the supervillain of greenhouse gases that, while shorter-lived than carbon dioxide, is far better at trapping heat during its 10 or so years in the atmosphere.” “Reducing food waste is one concrete action we can take as individuals at home to contribute to solutions for this unwieldy world problem.”

Let’s be mindful to reduce waste.

Buy what you will consume. Don’t get sucked into the marketing schemes – the deals to buy more or need to buy now because it is a limited edition or seasonal.

Meal planning will help with less food wasted. Use what you have available at home. It is not necessary to toss foods because of the “Best By” date. *“The U.S. government does not regulate the dates on food, except for infant formula. In most cases, date labels simply suggest when foods will be freshest, like when a cracker will still deliver its maximum crunch. There are exceptions.”* If in doubt, search the USDA’s: ask.usda.gov

What to do with your vegetable waste? Compost! Turn it into a rich organic fertilizer.

There is more information in the article about the various projects that the Rotary Club is doing to slow down the wasted food. Let’s be mindful of wasted food.