

Read the text and choose the correct answers.

DON'T WASTE IT



Statistics show that US households throw away a shocking 40% of perfectly good food. At the same time about 50 million Americans don't have

to eat and many suffer from hunger.

However, if US families managed to
25 million people.

food waste by 15 per cent, it would help feed

The big question is: what can be done to solve the problem? To start with, you should plan your meals well ahead, make use of shopping lists and avoid buying on impulse. If you don't know what to do with the leftovers in your fridge, check online guides for suggestions on how to waste less. Alternatively, you can get a useful mobile app which will provide you with creative

Some people get rid of food because the sell-by date has passed and they are afraid they might get sick. They don't realise is that most food products can be safely eaten past these dates. If you know you won't have the chance to eat something, you can always freeze it until it goes bad.

There's also an option of donating food to local food banks. Remember that lots of people need the food you throw away.