

The U.S. Department of Agriculture (USDA) announced new resources to inform consumers on how to reduce food waste during the July Fourth holiday and beyond.

In a [one-minute video](#), USDA's Food Loss and Waste Liaison Dr. Jean Buzby demonstrates different ways to prevent food waste. Additionally, an [infographic](#) presents streamlined steps to follow at home.

On July Fourth and all summer long, USDA encourages consumers to use four simple steps to reduce food waste at home.

- Plan ahead - Before you go to the grocery store or order online, make a list so you don't buy more than you need.
- Serve smart - portion control is good for your waistline and good for reducing plate waste.
- Love your leftovers - Pack leftovers in small portions in shallow containers, mark the contents and date and refrigerate or freeze immediately.
- Compost, don't trash - Food in landfills produces harmful methane. You can recycle your food scraps in a home compost bin or at a local compost center.

According to USDA research, the average family of four wastes nearly \$1,500 worth of food each year.

And the food that goes in the trash winds up in a landfill where it creates methane, a greenhouse gas that contributes to climate change.