



THE STATE OF FOOD & HEALTH FACT SHEET

1. MONEY AND RESOURCES ARE BEING WASTED

- Shoppers spend 40% more at the store when they shop without a grocery list¹
- American families throw away >\$2K of groceries per year² that contribute to 25% of our methane emissions³

2. HEALTHY EATING AND COOKING ARE STILL CHALLENGING

- Only 23% of meals include a vegetable⁴; children, teenagers and adults get less than 50% of the recommended amount of vegetables⁵
- 28% of Americans say they do not know how to cook; 25% state they do not cook because they do not want to clean up⁶
- 28M Americans eat at McDonald's everyday⁷

3. OBESITY AND OTHER DISEASES ARE ON THE RISE

- The US has the highest obesity rate globally⁸
- 36% of adults are obese. At the current trajectory, all 50 states will have obesity rates over 44% by the year 2030. By 2020, obesity will increase cases of heart disease, Type II diabetes, and stroke by 10x.⁹

4. FAMILIES ARE NOT SPENDING ENOUGH TIME AT THE TABLE TOGETHER

- On average, sharing 3 or more family mealtimes per week reduces the odds for children and adolescents being overweight by 12%, eating unhealthy foods by 20%, and disordered eating by 35%.¹⁰
- Compared to teens who frequently have family dinners (5 to 7 / week), those who have infrequent family dinners (fewer than 3 / week) are twice as likely to use tobacco and one and a half times likelier to use marijuana.¹¹

FOOD WASTE FACTS & FIGURES

SHOPPERS
SPEND MORE
WITHOUT A
GROCERY LIST¹

40%

20
LBS

FOOD TOSSED
PER MONTH BY
A FAMILY OF 4²

\$\$\$ THROWN
AWAY / YEAR²

\$2K

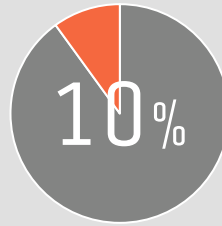
10X

FOOD WASTE OF
AMERICANS
VS. SE ASIANS¹²

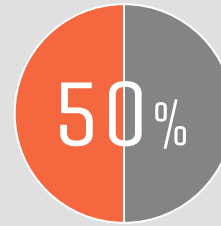
25%

OF METHANE
EMISSIONS
DUE TO FOOD
WASTE³

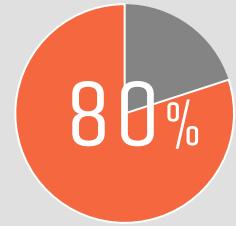
GROWING OUR FOOD REQUIRES:



US energy
budget¹³



US land¹⁴



US freshwater¹⁵

BUT 40% OF FOOD PRODUCE IS WASTED¹⁶
2.5% OF FOOD WASTE GETS RECYCLED³

PAST CHANGES AND FUTURE CHANGES:

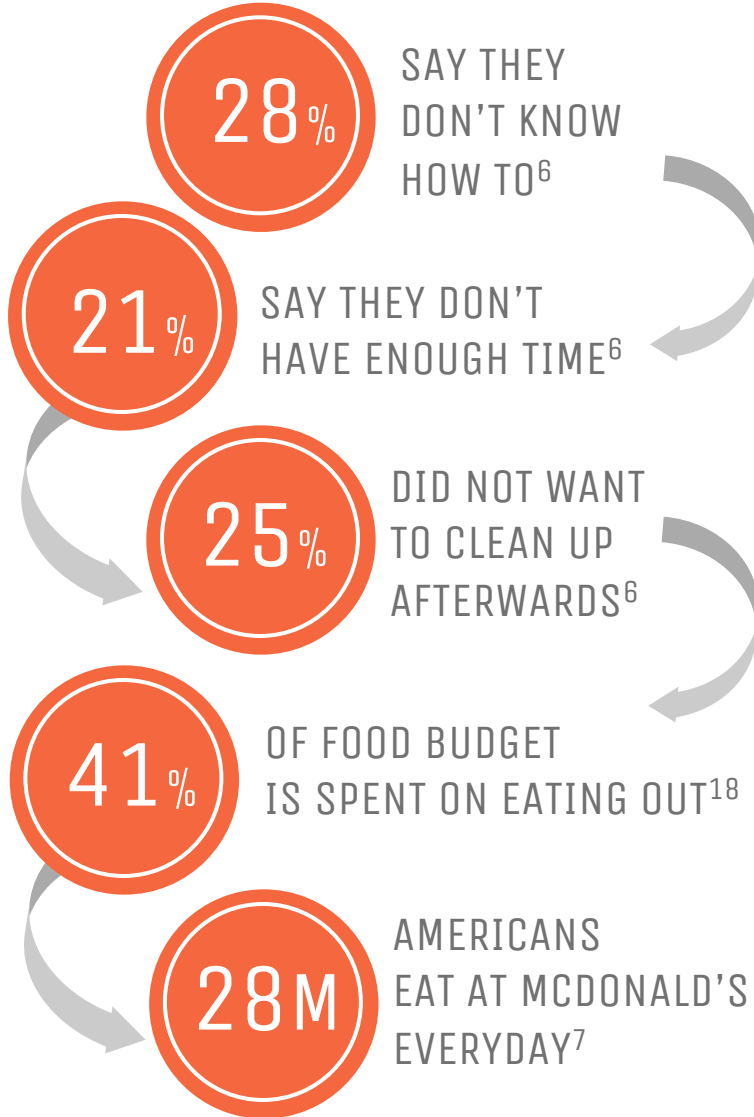
We waste **50%**
more than
Americans
did in the
1970's¹⁶

Reducing
food
waste by
15%

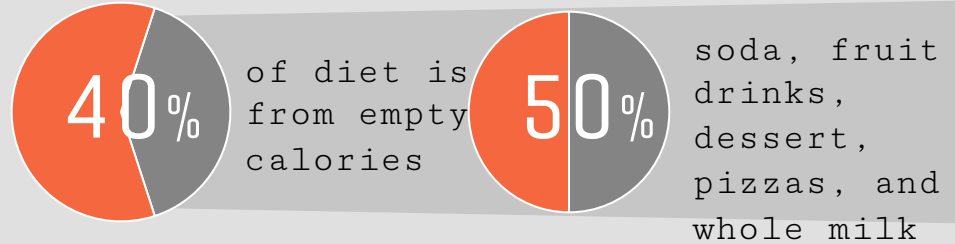
Would be
enough to
feed
25M
more
Americans¹⁷

HOW AMERICANS EAT & COOK

SURVEY OF WHY PEOPLE DON'T COOK:

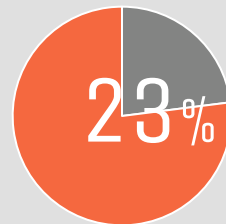


DIET OF CHILDREN AND ADOLESCENTS¹⁹:



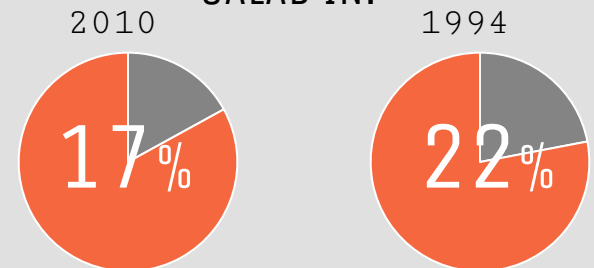
WE'RE NOT EATING ENOUGH FRUITS & VEGETABLES²⁰

Group	Recommended	Actual
Children	2.5-4.5 cups	1.43 cups
Teenagers	4-6 cups	1.76 cups
Adults	4-6 cups	1.81 cups



Meals include a vegetable⁴

DINNERS THAT INCLUDED A SALAD IN:⁴



OBESITY FACTS & FIGURES

#5

LEADING RISK FOR GLOBAL DEATHS⁸

DEATHS PER YEAR⁸

~3M

#1

OBESITY RATE = THE US²¹

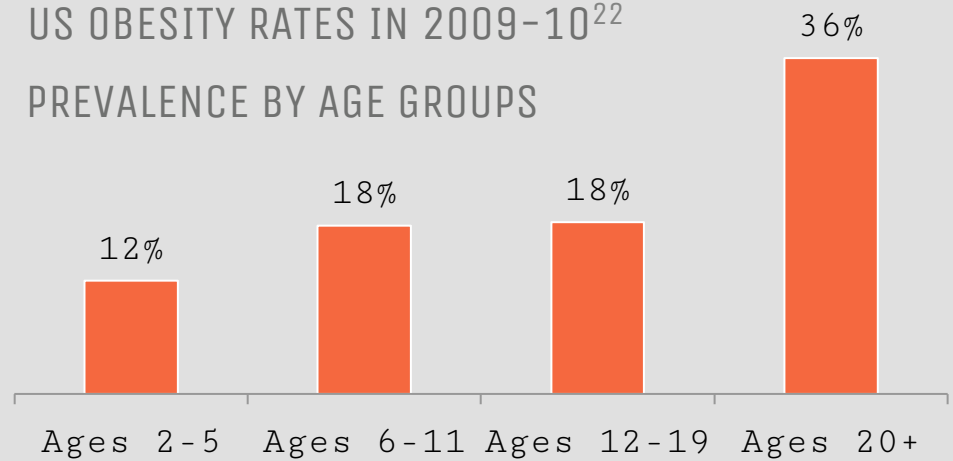
IN THE US BY 2020, MAY INCREASE CASES OF:

- TYPE II DIABETES
- HEART DISEASE
- STROKE
- HYPERTENSION BY:⁹

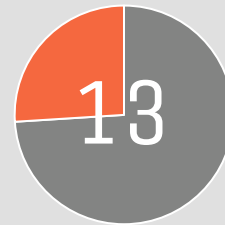
10X

US OBESITY RATES IN 2009-10²²

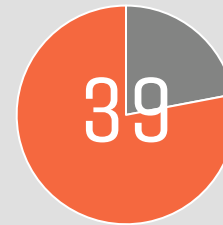
PREVALENCE BY AGE GROUPS



OF STATES & PROJECTED OBESITY RATES IN 2030⁹



States with Rates >60%



States with Rates >50%



States with Rates >44%

9 STATES MAY SEE OBESITY-RELATED HEALTHCARE COSTS INCREASE BY <20%⁹

COOKING & FAMILY MEALS MATTER

SHARING 3+ FAMILY MEALTIMES PER WEEK REDUCES ODDS OF CHILDREN & ADOLESCENTS²³:

BEING OVERWEIGHT BY:

12%

EATING UNHEALTHY FOODS BY:

20%

DISORDERED EATING BY:

35%

INCREASES EATING HEALTHY FOODS BY:

24%

FAMILY DINNERS HAVE MANY HEALTH BENEFITS:

- The more frequently a family eats together, the fewer emotional and behavioral problems, greater emotional well-being, more trusting and helpful behaviors toward others and higher life satisfaction, regardless of gender, age or family economics.²⁴
- Compared to teens who frequently have family dinners (5 to 7 / week), those who have infrequent family dinners (fewer than 3 / week) are twice as likely to use tobacco and one and a half times likelier to use marijuana.¹¹

COOKING CAN LEAD TO LONGER LIVES²⁵

Cooking 5+x / wk can lead to a

47%

Higher chance of being alive 10 years later

“ The relationship between frequent cooking and mortality is strong.

”

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