

Make the Most Out of Your Food This Holiday Season

The holidays are a time for celebration, connection, and shared meals — but for many in our community, putting food on the table is more challenging than ever. Rising food costs, economic uncertainty, and recent interruptions to federal food assistance programs have put pressure on households both locally and nationwide.

This season, each of us can help make a difference. By being thoughtful in how we shop, store, cook, and share food, we can stretch household budgets, reduce waste, and help ensure more good food nourishes people rather than ending up in the landfill.

Here are simple ways to take action and reduce wasted food this holiday season:



Plan ahead to buy just what you need and avoid over-purchasing. Check your pantry and make a shopping list.



Store food in the right containers and temperature and use tools like the Guest-imator and long-lasting produce guide to keep food fresher, longer.



Repurpose leftovers into new meals rather than discarding them. Share extra food with friends, family, and neighbors to prevent unnecessary waste.



Compost inedible food scraps to keep them out of landfills. This reduces methane emissions and creates nutrient-rich soil for gardening and landscaping.



Reach out to local organizations that are providing consistent support to people facing food insecurity. Contact neighborhood food pantries or community programs to find out what they need most right now—whether it's funds, food, or volunteers.

[Find a local food recovery organization here.](#)



Spread the word. The ongoing impacts of the shutdown, combined with the upcoming holiday season, have led to an increased need for food resources. Anyone in need of immediate food assistance can call 510-635-3663 or visit [FoodNow.net](https://www.FoodNow.net) to find local food distribution sites.

When resources are scarce, it's important to maximize what we do have. For more tips on how to prevent food waste, visit [StopFoodWaste.org](https://www.StopFoodWaste.org), and visit our website for resources on how you can support local food recovery organizations.

MORE THAN 42 MILLION AMERICANS RELY ON SNAP BENEFITS
INCLUDING 175,000 RESIDENTS IN ALAMEDA COUNTY

MANY FOOD ASSISTANCE PROVIDERS ARE EXPERIENCING RECORD DEMANDS

YET NEARLY 40% OF THE FOOD PRODUCED IN THE U.S. GOES TO WASTE
→ THE LARGEST SINGLE CATEGORY IN THE WASTE STREAM

IN ALAMEDA COUNTY, THAT EQUALS APPROXIMATELY
100 MILLION MEALS PER YEAR