Food loss and waste

**Food loss** is food that is spilled or spoiled before it reaches the final product or retail stage.

**Food waste** is any food that is fit for human consumption, but is not consumed because it is left to spoil or is discarded by retailers or consumers.

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**Loss and waste in the Near East and North Africa region**

- Food loss:
  - 16% of oilseeds and pulses
  - 45% of fruits and vegetables
  - 26% of roots and tubers
  - 14 - 19% of grains
  - 13% of meats
  - 28% of fish and seafood
  - 18% of dairy products

**How to reduce food waste**

1. Ask for smaller portions
2. Practice proper storage
3. Do not throw away your leftovers
4. Shop smart
5. Do not throw away irregular shaped fruits and vegetables
6. Always check your fridge
7. Practice FIFO: First In, First Out
8. Understand date labels on your products
9. Sharing is caring