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# American Wasteland: How America Throws Away Nearly Half Of Its Food (and What We Can Do About It)



## Synopsis

Grocery prices and the forsaken foods at the back of your fridge seem to increase weekly. After reading **American Wasteland**, you will never look at your shopping list, refrigerat

## Book Information

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## Customer Reviews

Bloom addresses an issue of incredible importance that most Americans rarely consider - food waste - and shows how we can impact this problem with relative ease. He covers key aspects of the food waste problem, including our culture of abundance, our obsession with perfect produce, and the ease of discarding food as trash - all of which lead to what he refers to as the "coexistence of hunger and food waste" - leading the U.S. to waste \$160 billion in food annually while roughly 50 million Americans are food insecure. He also notes the environmental problems associated with food waste - greenhouse gas emissions from decaying food, consumption of limited landfill space, negative impact on groundwater, and fossil fuel consumption in the transport of food waste. Bloom reveals a dangerous cycle regarding food: We're wasting resources by growing too much, and in the process depleting our soils, using too much fertilizer with negative environmental effects, and depleting our water supplies while we then use additional resources to haul the excess to landfills where it causes further harm to the environment while millions remain hungry. It's a cycle that we need to break - and to do so we need a change of mindset. Bloom notes that we should think of food waste as an opportunity - and we should take action to harness food waste to feed the hungry while also improving the environment and the economy. He points out that we "devalue" food by providing

large quantities of cheap, unhealthy food to our kids - thereby reinforcing the ease of discarding food and perpetuating the cycle noted above.

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