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Culinary Mindfulness

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## How to Lesson the Environmental Impact of Wasted Food

Food waste is still one of the biggest challenges the world faces environmentally today. The food we buy at the grocery store uses a lot of energy, water, and fuel to grow. That includes fruits and vegetables that may not always be consumed. Wasted food is usually sent to landfills, where it decomposes and contributes to greenhouse gas emissions. When these gasses are released into the air, it traps heat which makes the atmosphere hotter and forcing temperatures to rise. The concern of wasted food and the environment has the attention of global leaders that are continuously looking for ways to decrease food waste. **According to the EPA**, a study conducted in 2019 found that of all the gases released into the atmosphere, about 80% of it is carbon dioxide which is very unhealthy for people to breath. By adjusting how we buy our groceries can greatly help reduce **the environmental impacts of wasted food** while less harmful gases will be released into the atmosphere. Here are a few things that can be done to help reduce the number of gasses released while cutting food waste.

### [Eat Home Delivery Prepped Meals](#)

An excellent way to avoid throwing rotten food away is by ordering what you will need for the week or month. By knowing in advance what the lunch menu will look like can greatly cut the amount of food that is thrown out. With over 35 meal choices, **DinnerDelivery.net** offers healthy and fresh meal options that are custom prepared just for you. Using a meal prep home delivery service can also save you a lot of time. If you have a busy schedule, coming home to a prepared meal is the perfect solution.

### [Fresh Produce Delivery Service](#)

Purchasing fruits and vegetables that are not 'the prettiest' but just as nutritious, can reduce food waste and cut the grocery bill dramatically. At [sign up](#), choose the plan that best fits your lifestyle – either weekly or monthly – then decided what produce is best for your household. Special diets like vegan, paleo or keto diets can also be easily accommodated. Food allergies can also be avoided with ease when choosing which foods will be best for the family. After submitting the order, pat yourself on the back because you just did the grocery shopping. The produce box will be delivered straight to your door. Other home delivery services that can help the food waste problem are fresh produce companies like Imperfect Foods, Farmbox, and FreshDirect to name a few.

### Pick Your Own Produce at Local Public Gardens

The farm to table concept is huge right now and for good reason. Knowing exactly where the food you eat comes from can give you peace of mind, guaranteeing freshness. Most gardens are pesticide free, and do not use chemicals to grow or maintain the food. Visit a local city or county garden where they grow and sell fruits and veggies to the public. These locally grown fruits and vegetables are usually ethically grown and are very affordable.

### Start a Garden and Grow Your Own Food

Growing your own food is another great way to reduce the environmental impacts of wasted food in landfills. This is a good opportunity to have healthy, fresh food that is nutritious and can save you hundreds of dollars a year. By sprouting produce straight from the ground or trees can always guarantee access to fresh and even organic food. Vegetables like [carrots](#), lettuce, cucumbers, beets, cabbage, zucchini, squash, and celery can all be planted in a backyard or side yard to grow and enjoy. Enjoy some seasonal delights such as pumpkin, [brussels sprouts](#), and kale in the fall season and mangos, cantaloupes, and corn in the summer months. There is also a large variety of fruits that can be grown from small trees and bushes that do not take up too much room. Certain fruits thrive in drier locations, while others prefer a cooler climate. Fruit trees like oranges, peaches, apricots, figs, cherries, and nectarines thrive in sunny states, needing 6 to 8 hours of sunlight a day. Other fruits like huckleberries, blackberries, and raspberries prefer more shady spots and only need 2 to 4 hours of sun to grow.

### Indoor Gardening and Community Gardens

If you are tight on space, try growing tomatoes indoors with a hanging planter, sprout lettuce with a vertical hydroponic garden tower. When space is a luxury, use the kitchen to grow produce. Growing kits can be found in every retail store or online for every fruit, herb, or vegetable imaginable. If produce is not ideal, focus on growing herbs like dill, sweet basil, mint, thyme, chives, rosemary, oregano, and parsley. Avoid wasting any food by growing, picking, and sending some fruits, veggies, and herbs over to a neighbor. Sharing the pride and joy that is your edible garden will help stop hunger and decrease wasted food.

Another great solution is [joining a community garden](#) in the area. There are usually plots available for free, as long as the plants are maintained regularly. This can be a great way to trade, barter, and seeds with fellow vegetable gardeners. Besides, sharing is caring! No community garden in sight? Find one in a local neighborhood or wherever a small space can be found with accessible sunlight. Talk to

your local city hall or county to get more information on non-profit programs and starting a garden for the greater good.

### [Donate Food to Food Banks](#)

Donating can goods and dried boxed foods to [local food banks](#) can help reduce food waste. Dig through the kitchen cupboards and pull out the ones that are not your favorite. Gather as much as you can and make sure to check the expiration dates on each product. Those who are less fortunate and struggle to put food on the table will greatly benefit from the donation. By practicing this kind gesture, more food will be kept out of landfills and into the hands of people and families in need.

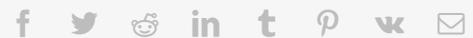
There are many ways to help the impacts of environmental food waste by doing small lifestyle adjustments. If you are ready to make a small change towards reducing food waste, join [DinnerDelivery.net](#) today and never worry about what to eat again. DinnerDelivery.net delivers healthy, fresh meals weekly and straight to your door.

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By [Lawrence Martineau](#) | August 23rd, 2021 | [Blog](#) | [0 Comments](#)

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