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not bothering to pick it up. Seems crazy, but that's essentially what most of us are doing all the time.

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ground zero for food waste. It's where the real commitment to food is made, whether you end up eating it or not. right and accommodating our every expectation is actually leading to quite a bit of waste as well.

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August 12, 2015 Dana Gunders - Alum  
Adapted from The Waste-Free Kitchen Handbook, published September 2015.  
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Gunders is author of "Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food" (Chronicle Books, \$18.95) and a

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research on food waste in over 600 households, and overanalyzed her children's food-throwing habits, Dana provides deep expertise on why consumers waste food.

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