



# DO AMERICANS EAT LEFTOVERS?

To get to the bottom of it, we surveyed over 1,000 people across the U.S. to see how people really feel about leftovers. Read through our study to find out the top reason people choose to eat that day old food.

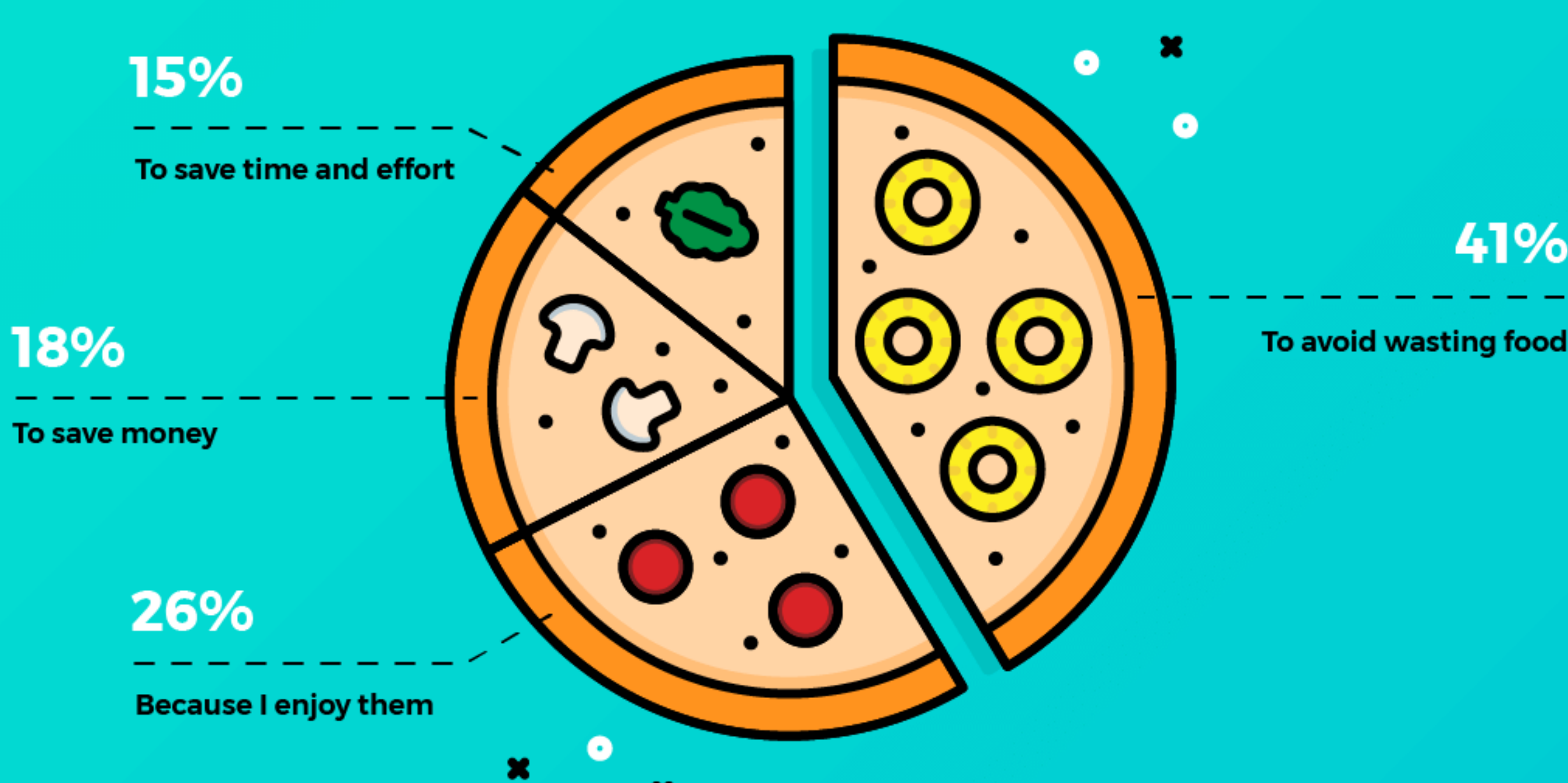
## HOW MANY OF US DESPISE LEFTOVERS?

### 2 Out of 5 Americans Hate Leftovers



While the numbers were close, we found that 40 percent of people (2 out of 5) despise eating leftovers. Reasons vary — whether it's because leftovers collapse into a mystery mush or there's a social stigma around taking a foam food container home from a restaurant, people feel strongly about not eating leftovers. Yet, the crowd is still divided.

### Top Reasons For Eating Leftovers



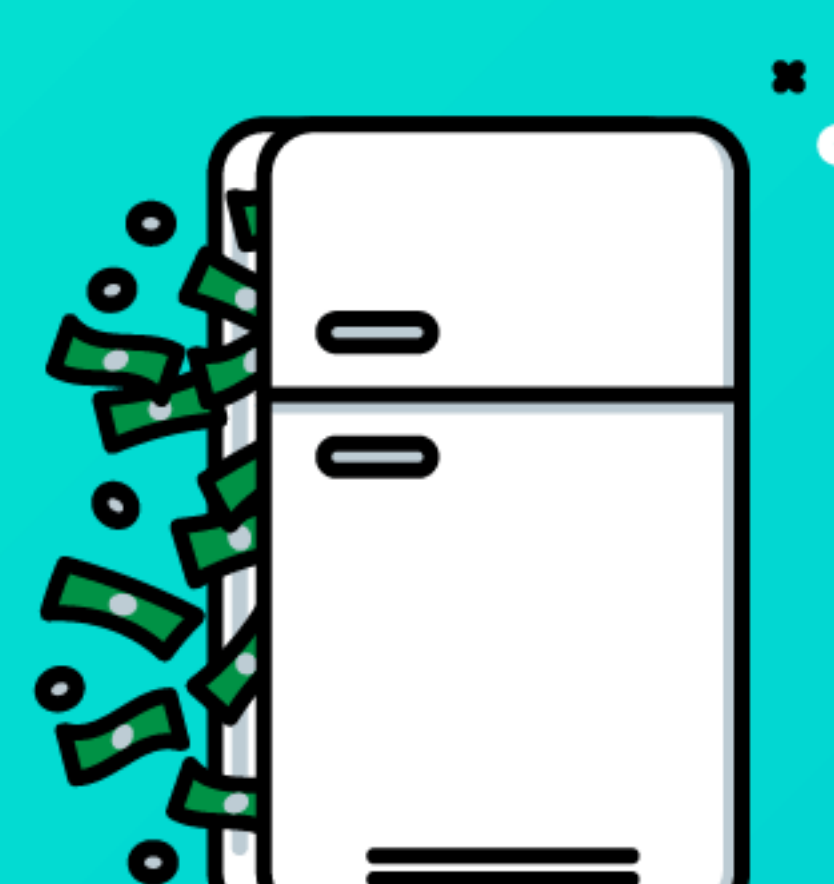
## WHAT DO WE HAVE TO WASTE?



**41%** of people eat leftovers because they don't want to waste food.

Americans waste about 240 pounds of food per person, which means 20 percent of the food that ends up on people's plates gets thrown away every year. This is enough to feed 2 billion people annually. We waste not only the food itself, but water and methane emission resources, by having over 40 percent of food dumped in a landfill each year.

## DON'T LEAVE MONEY ON THE DINNER TABLE



You can save up to **\$1,000 a year** by eating leftovers.

Source: Money Under 30

Our results showed that 18 percent of people eat or take home leftovers for the very reason of saving some cash. Most people eat out an average of four times a week. This will quickly add up. By eating leftovers and staying home just two out of those four times a week, you can save up to \$1,000 a year or more depending on your household size.



**25 to 34 year-olds** eat leftovers the most to save money.

Despite which side you stand on, there's no debate that eating leftovers can help make a dent in the food waste issue, on the environment, and save you a buck or two. Consider the benefits next time you go out to dinner or over the busy holidays. Leftovers don't have to be as nasty and horrible as people make them out to be!

SEE THE FULL POST AT:

<https://kitchencabinetkings.com/infographics/do-you-eat-leftovers>

