

Food that goes bad in fridge amounts to trillions of gallons of wasted water

By Karen Kaplan, Los Angeles Times

You walk into the grocery store with the best intentions, filling your cart with kale, broccolini, tofu and Greek yogurt. Then you get home, feel pressed for time and order a pizza.

Before you know it, the perishables are going bad at the back of the fridge. They'll wind up in the trash, like so many other well-intentioned meals that never came to be.

Your efforts to eat better have flopped again. But that's not your only fail. You've also squandered the natural resources used to produce that food and contributed to environmental degradation for nothing.

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