A little foolishness, enough to enjoy life and a little wisdom to avoid the errors, that will do. --Osho

American trash haulers estimate that they dispose of 1.6 million tons of food every year between Thanksgiving and New Year's Day. (Source: Youthnoise)

**Be The Change:**
While planning family gatherings this holiday season, be realistic about how much food you will actually use. If you still end up with leftovers, take it to your local shelter.