

# THE TRUE COST OF FOOD

## CANS: A Sustainable Solution

Fruits and vegetables are harvested and canned within hours for **reduced impact on the environment.**

The canning process uses **less energy and water** to clean, package and sterilize produce.

Waste – such as peels, cores and other inedible plant matter – is removed during the canning process and **re-used as agricultural feed or compost.**

Shipping canned produce to grocery stores, requires a **less energy-intensive** cold chain distribution system.

The canning process not only saves energy and reduces food waste, it helps **seal in nutrients** so healthful meals can be served anytime with confidence.

