



**CANS: INFINITELY RECYCLABLE™**



## Steel Food Cans

*Feeding the world for over 200 years.*

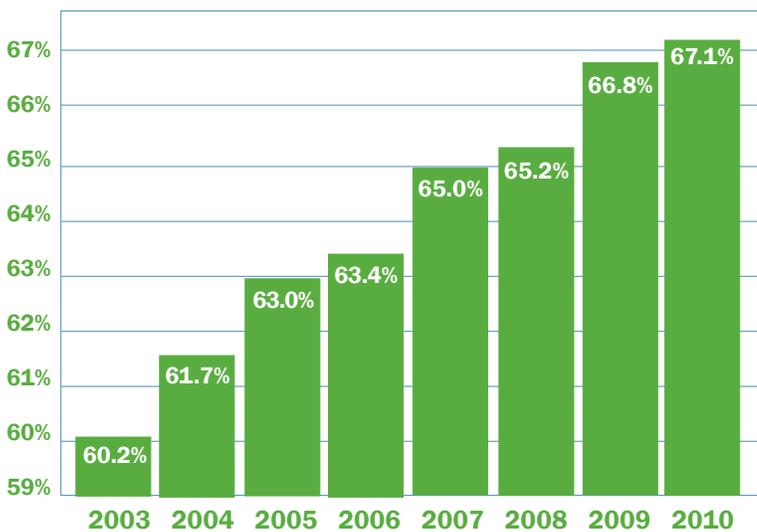
- More than 1,500 food items come in steel cans
- Canned fruits and veggies are picked and packed at the peak of ripeness, cooked quickly at high temperatures and sterilized in steel cans to keep nutrients in and impurities out
- Canned goods are the most tamper-resistant food packaging option available today
- Canned food is as nutritious as its fresh and frozen counterparts upon preparation

*Source: Steel Recycling Institute*

*Steel food cans are the most recycled package.*

- Steel cans are made with a minimum of 25 percent recycled content.
- Steel food cans can be recycled over and over without loss of quality
- Approximately 20 billion steel cans were recycled into new products in 2008
- Americans use more than 100 million steel cans every day
- More than 600 steel cans are recycled every second in the U.S.
- Steel food cans are 100% recyclable and contain a minimum of 25% recycled content
- Recycling one ton of steel cans conserves 2500 lbs. of iron ore, 1400 lbs. of coal and 120 lbs. of limestone for use by future generations
- Every pound of steel cans recycled conserves enough energy to light a 60-watt bulb for 26 hours

**Steel Can Recycling Rate**



*Steel food cans provides many environmental benefits.*

- The steel industry's annual recycling saves the equivalent energy to electrically power about 18 million households for a year
- The U.S. steel industry has reduced its energy intensity/ton of steel shipped by 31% since 1990
- Greenhouse Gas Emissions: GHG/ton of steel shipped have been reduced by nearly 45% since 1975
- The amount of steel used to manufacture the container has been reduced by approximately 31%, and the amount of tin used has been reduced by more than 60% in the past 20 years



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*Can Manufacturing has a significant economic impact on the United States economy.*

U.S. companies that manufacture metal cans are an important part of the national economy.

Manufacturers of cans along with the companies that provide supplies and materials for the cans provide well paying jobs throughout the U.S. and pay significant amounts in tax to the Federal government.

	Jobs	Wages	Output
Direct Economic Impact	28,350	\$2,001,812,772	\$17,883,603,893
Supplier Impact	92,332	\$5,816,453,911	\$21,965,974,013
Induced	103,575	\$4,652,314,696	\$14,458,457,687
<b>Total</b>	<b>224,257</b>	<b>\$12,470,581,379</b>	<b>\$54,308,035,593</b>

### Economic Contribution of the Metal Can Industry

The United States also benefits from the taxes paid by the metal can industry. Not only does the metal can industry create jobs, it also generates sizable tax revenues. Nationally, the industry and its employees pay over \$2.65 billion in federal taxes and an additional \$1.84 billion in state taxes.

Taxes Generated in the U.S. by the Metal Can Industry	
Tax Impact	Business Taxes
Federal Taxes	\$3,266,170,864
State Taxes	\$1,881,673,447
<b>Total Taxes</b>	<b>\$ 5,147,844,311</b>

Source: Can Manufacturers Institute

### Economic Contribution of the Canned Food Industry

Companies that can fruits and vegetables employ over 84,900 Americans, paying them nearly \$4.9 billion in wages and benefits. \$44.2 billion in economic activity is generated by the food canning industry. In addition, the food processing and canning industry provides an important means for America's farmers to ensure that the healthiest fruits and vegetables reach families throughout the country.

Taxes Generated in the U.S. by the Canned Food Industry	
Impact	Business Taxes
Federal Tax	\$7,355,009,936
State Taxes	\$4,230,983,052
<b>Total Taxes</b>	<b>\$ 11,565,992,988</b>

Source: Canned Food Alliance

Can Manufacturers



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### *Canned foods are nutritious.*

- 🌀 Fresh does not always mean more nutritious. A University of California, Davis, study of fresh, frozen and canned fruits and vegetables reveals that loss of nutrients in fresh products may be more substantial than commonly perceived with transport, storage and cooking leading to overall losses of up to half prior to consumption.
- 🌀 The canning process locks in nutrients at their peak of freshness and due to the lack of oxygen during the storage period, canned fruits and vegetables remain relatively stable until they are consumed. No added chemical preservatives are necessary.
- 🌀 USDA data shows that fresh, frozen and canned fruits and vegetables contain similar amounts of fiber. Overall, canned fruits and vegetables were never consistently lower than cooked fresh or frozen products for any nutrient. Almost all canned vegetables and fruits are fat-free, so they are excellent additions to round out a healthy meal.
- 🌀 The canning process actually increases the availability of certain nutrients:
  - Canned pumpkin contains a higher concentration of beta carotene than fresh pumpkin because of the canning process.
  - Canned tomatoes provide more health promoting lycopene, which appears to be effective in helping to reduce the risk of cancer, than fresh, uncooked tomatoes.
  - The absorption of lutein in corn, an antioxidant that may reduce the risks of cataracts and macular degeneration, also is enhanced by heat from the canning process.
  - An Oregon Health Sciences University study demonstrated increased amounts of some key anthocyanins, a powerful antioxidant, in canned blueberries compared to the amounts in fresh and frozen blueberries.
- 🌀 Canned poultry and fish, both protein foods, are comparable to their fresh-cooked counterparts in nutritional value. Protein is not lost during the canning process, and some varieties of canned fish tend to have higher calcium levels than their freshly cooked counterparts.
- 🌀 Canned fruits and fruit juices contribute less than two percent of added sugars in most American's diets and canned vegetables contribute less than one percent of sodium intake.
- 🌀 The U.S. Department of Agriculture's *Dietary Guidelines for Americans 2005* identifies canned foods as a way to help people consume the recommended daily variety and amount of fruits, vegetables, meats and beans, as well as grains and dairy products.
- 🌀 Canned foods have been, and will continue to be, an integral component of USDA's commodities and nutrition assistance programs.
- 🌀 The Produce for Better Health Foundation's - *Fruits and Veggies – More Matters* health initiative, which encourages and teaches people how to include more fruits and vegetables in their diets, includes canned fruits and vegetables as a way for consumers to eat healthy.
- 🌀 A three-part study conducted by the University of Massachusetts found that, from a nutrition and sensory standpoint, recipes that are prepared with canned ingredients and those prepared using cooked fresh and/or frozen ingredients were rated comparably.



Source: Canned Food Alliance [www.mealtime.org/content.aspx?id=44](http://www.mealtime.org/content.aspx?id=44)

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