

## CHANGES IN FOOD TRENDS - script

- NPR's Allison Aubrey joins us to talk about the big push towards transparency and other trends in food for the year. And the first big change we want to talk about is visible right on the labels of our food. Those labels are changing because the ingredients are changing.
- Right, big food manufacturers are overhauling and in many cases simplifying their ingredient list. We have seen this all year long. For instance, cereals such as Lucky Charms, remember those brightly colored marshmallows? Well, instead of using say yellow dye number 5, they're transitioning to spice extracts, so things such as turmeric or paprika, making them from something a little more natural. And restaurants such as Subway and Panera both announced that they're ditching all kinds of ingredients that most of us can't pronounce. The big push here is to make the processed foods and the food at chain restaurants seem a little bit more home-made, a little more artisanal.
- And Allison, you also did some reporting on another big issue & that's waste of food.
- That's right.
- How big a problem is it?
- Well, it's a big issue. It's estimated that about a hundred and thirty three billion pounds of food is wasted each year. And to give you a visual here, imagine enough food being wasted each year to fill a big skyscraper 44 times. The federal government has set a goal of reducing food waste by 50% by 2030.

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