

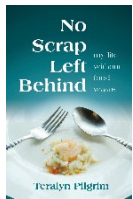
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FOR IMMEDIATE RELEASE

Discover Clever Ways to Waste Less Food, Save Money, and Live More Sustainably

"In a fun, often funny, and always accessible style, Teralyn Pilgrim makes the serious and compelling case that what we do every day in our kitchens sends ripples around the world. Americans waste 40% of the food we grow and produce, much of it in landfills. Consumer waste hurts people, the environment, and the global economy. Her response to this crisis is smart and inspiring." —**Eric B. Schultz, former CEO of Sensitech and co-author, *Food Foolish: The Hidden Connection Between Food Waste, Hunger, and Climate Change***



Boca Raton, FL, September 17, 2024 — Teralyn Pilgrim had no idea the environmental and economic impact of food waste, or that she could save \$100 a month by living waste-free. But when a story of hungry children filled her with unbearable guilt, she decided to change the way her family approached mealtime.

In her new book, *No Scrap Left Behind: My Life Without Food Waste*, she tells the story of her quest to end her family's food waste—and all the blunders that came with it. Despite finicky kids and a skeptical husband, Pilgrim turned her feelings of guilt into action and created a zero-food waste kitchen.

"Even if I can't change how much food the world wastes, it feels good to look at this problem and say — with absolute honesty — that I have nothing to do with it," says Pilgrim.

Pilgrim defines food waste with Rule #1: the Hungry Kid Test—would you throw something edible away with a hungry child watching? If the answer is yes, it can go in the compost. If the answer is no, then it's time to get creative.

Detailing her quest to live free of food waste with humor and relatability, Pilgrim shares how she dealt with the discovery of a five-year-old fish in her freezer, what she did when she accidentally bought disgusting fat-free cookies, and how she handled table scraps despite having a dog as picky as the kids. Addressing myths about how being waste-free is too hard (it's not) and whether expiration dates mean anything (they don't), Pilgrim offers clever ways to be resourceful with her nine-step program, six guiding rules, and hundreds of food-related tips that will help readers find their way to saving money and living sustainably.

About the Author



Teralyn Pilgrim is the author of *Don't Dance on the Toilet: and Other Things I Never Thought I'd Say to my Kids*. She lives with her husband and three children in Beaver Creek, Oregon.

No Scrap Left Behind: My Life Without Food Waste

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Trade Paperback, 320 pages

**Media Questions for
*No Scrap Left Behind***

1. You recently wrote a book called *No Scrap Left Behind*. Could you tell us what it's about?
2. What inspired you to end food waste in your home?
3. Why does food waste matter?
4. What counts as "wasted" food?
5. How did other people react to your goal to stop wasting food?
6. What is your Number #1 Tip for reducing food waste?
7. How did the subreddit r/noscrapleftbehind contribute to this book?
8. When you were aiming for zero waste, how much did you throw out?
9. Is it true you're against composting?
10. What are your goals regarding global food waste?
11. What is the main message you want readers to take away from *No Scrap Left Behind*?