

Leftovers rule the fridge but still end up in the trash



Most US adults (86%) like or even love leftovers

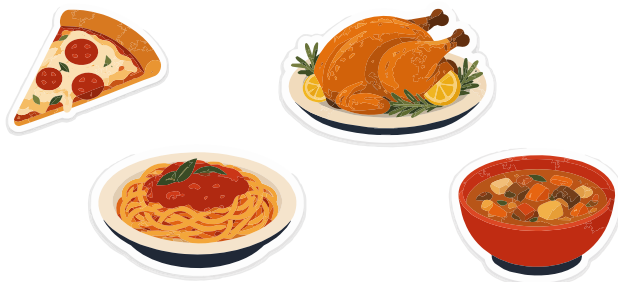


50% say they *love leftovers*, sometimes more than the original meal

37% say they *like leftovers*, but only for certain foods

Only 3% say they *actively avoid* or refuse to eat leftovers

Most common leftovers:



74% of US adults say their leftovers are thrown away *at least once a week*

Only 26% say they never toss leftovers



9 in 10 US adults have purchased fast food, drive-through or delivery despite knowing they had leftovers at home

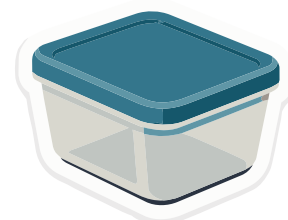
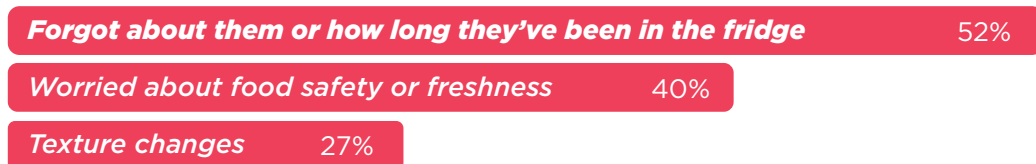


That waste adds up:

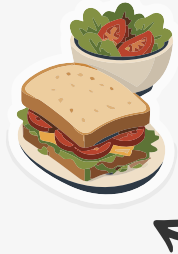
- 30% of US adults say their household wastes \$50 or more on uneaten leftovers in a typical month
- 22% say they waste up to \$1,200 per year



The main reasons for tossing leftovers:



Leftovers deserve a second chance



60% of US adults say **they typically eat leftovers for lunch**



Dinner
59%



Midday Snack
23%



Late-Night Snack
29%



Breakfast
20%

What's your leftover-eater personality type?

33% of US adults would describe themselves as a "Leftovers Legend"
– Always eat leftovers; yesterday's meal is tomorrow's treasure



20% as the "Freshness Police"
– Anything questionable is immediately discarded

Feelings around food waste

44% of US adults say they often save leftovers knowing they'll probably end up throwing them out. 27% say their leftovers always or often go uneaten because they forgot they were there

70% say rising grocery or restaurant costs have changed how they feel about food going to waste in their household —including more frustrated (39%) and guilty (32%)



Refrigerator confidence:



79% of US adults are extremely or moderately confident their refrigerator keeps leftovers fresh



37% of US adults say better organizing their fridge to make leftovers more visible would help them reduce waste

27% of US adults say clearer guidance on how long leftovers stay safe would help them reduce waste

Methodology:

Ruder Finn, on behalf of Frigidaire, commissioned Atomik Research to conduct an online survey of 2,000 adults throughout the United States. The margin of error is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between March 20 and March 24, 2026.

Atomik Research, part of 4media group, is a creative market research agency.