

# 10+ Reasons to ♥ Cans

Canned food often provides nutrients at a lower cost than fresh, frozen and dried forms

Steel cans are magnetic making them easy to separate for recycling

Canned food helps prevent food waste

More than 160 million consumers across the U.S. have access to steel can recycling

The canning process preserves food naturally

Canned produce is nutritionally on par with fresh and frozen options, and in some cases, even better

Steel cans are infinitely recyclable

There are more than 1,500 canned food varieties including fruits, vegetables, beans, seafood, lean proteins, soup, stews, etc.

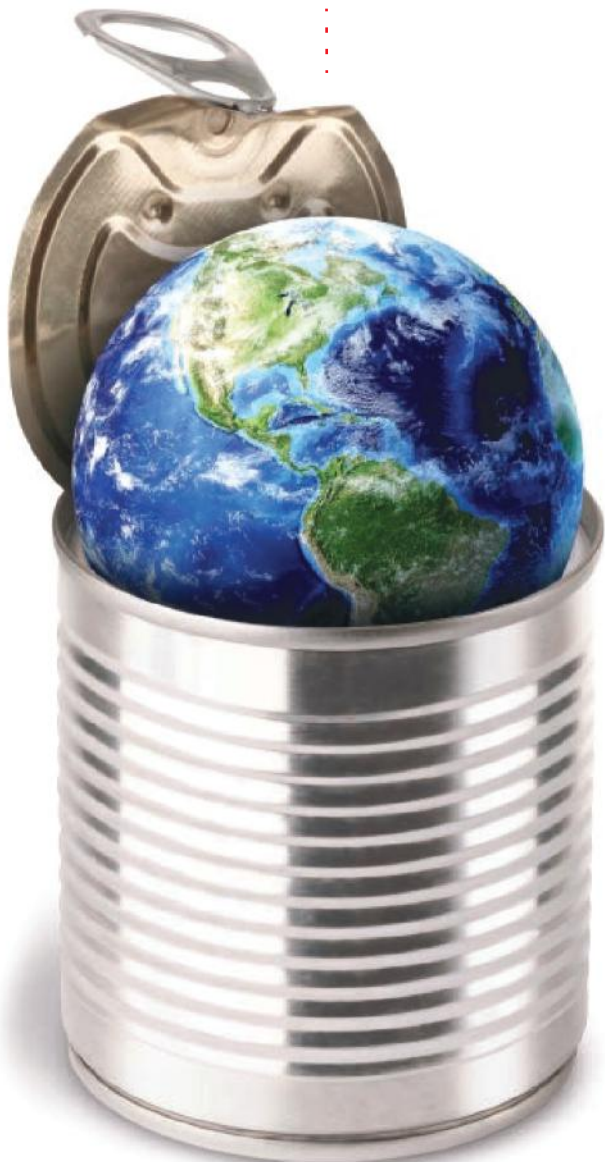
Food cans seal in freshness, flavor and nutrition and protects food from outside contaminants

Canned food provides convenient, affordable nutrition

Steel cans are the most recycled food package in the U.S.

More than 70% of steel cans are recycled annually

Food cans are traceable thanks to can codes



## Sources:

Kapica, et. al., *Journal of Nutrition and Food Sciences*, 2012  
Steel Market Development Institute  
Can Manufacturers Institute  
Centers for Disease Control and Prevention  
*Journal of Consumer Affairs*

Michigan State University Study  
Oregon State University Study  
Steel Recycling Institute  
UC Davis Studies  
University of Chicago Study

