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# Herbalife Nutrition Brings Healthy Diets Awareness to Communities for World Food Day 2019

LOS ANGELES--(BUSINESS WIRE)-- In recognition of World Food Day, sponsored by the Food and Agriculture Organization (FAO) of the United Nations, Herbalife Nutrition (NYSE:HLF), a premier global nutrition company, is raising awareness of this year's theme – "Healthy Diets for a #ZeroHunger World." The Company is sharing tips on reducing food waste and calling on its independent distributors, employees and the more than 7 million members of its social media community to take action in making healthy and sustainable diets available and affordable.

"Hunger is a rapidly growing global crisis and we hope that by educating people about all the ways they can help, including reducing food waste, we can help build a world where everyone has access to quality food," said Dr. Kent Bradley, vice president of Medical Affairs and Nutrition Education at Herbalife Nutrition.

The education-driven campaign is part of the Company's *Nutrition for Zero Hunger* initiative, which, in collaboration with nonprofit partners, focuses on providing access to healthy foods, improving nutrition education, identifying sustainable food resources and helping raise awareness of the global hunger crisis. In September, the Company launched its *Nutrition for Zero Hunger* global initiative to help end world hunger, aligning with the United Nation's Sustainable Development Goal #2, which calls for bold action to end hunger in all its forms by 2030, as well as solutions to achieve food security and improve nutrition worldwide.

One of the major contributing factors to global hunger and food insecurity is food waste, with 1.3 billion tons of food produced globally being lost or wasted. Some of the tips on how to reduce food waste being shared by Herbalife Nutrition with its nonprofit partners and their communities include:

- **Know Food Expiration Dates** - Understanding expiry dates for food can help reduce throwing out food that is still good. A "sell-by" date is the date that food has to be pulled from store shelves, a "use-by" date is suggested for best flavor or quality, but many foods are safe to eat after this date.
- **Get Creative with Recipes** - Soups, stews and salads are great options for many leftover veggies and grains. For example, overripe tomatoes can be added to a homemade sauce and brown bananas are perfect for your morning smoothie or shake.
- **Plate Up in the Kitchen** - Food left on the plate is most commonly thrown out. Instead of family style, where dishes are on the table, consider portioning out meals in the kitchen to avoid over-serving.

- **Donate to Those in Need**- Consider donating extra food items to local food banks, food pantries and charities. You can find local food banks accepting donations through [WhyHunger.com](http://WhyHunger.com)

As a leader in global nutrition, Herbalife Nutrition was founded, nearly 40 years ago, on the importance and value of good nutrition, providing a reliable source of nutritious food through a network of independent distributors to customers worldwide.

To learn more about Herbalife Nutrition, visit [IamHerbalifeNutrition.com](http://IamHerbalifeNutrition.com). To receive the latest company updates from Herbalife Nutrition, follow us on Twitter: @HerbalifeNews.

### **About Herbalife Nutrition**

Herbalife Nutrition is a global nutrition company whose purpose is to make the world healthier and happier. The Company has been on a mission for nutrition - changing people's lives with great nutrition products and programs - since 1980. Herbalife Nutrition offers high-quality, science-backed products, one-on-one coaching with an Herbalife Nutrition independent distributor, and a supportive community that inspires customers to embrace a healthier, more active lifestyle.

Herbalife Nutrition's targeted nutrition, weight-management, energy and fitness and personal care products are available through its independent distributors in more than 90 countries.

Herbalife Nutrition supports the Herbalife Nutrition Foundation, a non-profit organization that assists community organizations focused on providing good nutrition. Herbalife Nutrition is also proud to sponsor more than 190 world-class athletes, teams and events around the globe.

Herbalife Nutrition has more than 8,300 employees worldwide. To learn more, visit [Herbalife.com](http://Herbalife.com).

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