

THE FACTS ABOUT FOOD WASTE

- 🍅 In the UK we throw away 7.2 million tonnes of food each year!
- 🍅 If we stopped wasting this food it would save as much carbon as taking 1 in 5 cars off UK roads. That's 20 million tonnes of CO2 emissions every year.
- 🍅 We waste on average 1/3rd of the food we buy.
- 🍅 The waste of good food and drink is associated with 4% of the UK's total water footprint.
- 🍅 **THE GOOD NEWS-** between 2006/2007 and 2010 food waste was reduced by around 13%, over 1 million tonnes. This amount of food would fill up Wembley Stadium!

FOOD WE WASTE THE MOST!

Fruits and Veg (26%) – keep in their packaging and put them in the fridge (except for bananas, pineapples, potatoes and onions)

Drink (16%)- If your tea has gone cold add more hot water

Bakery (13%) - Don't keep bread in the fridge! It goes stale quicker, instead put in the freezer or in a dark space.

Meals (12%) - Put leftovers in the fridge or freezer

Dairy (10%) – Grate your cheese and pop it in the freezer

Meat (6%) – Keep them in the freezer, you've got until just before the use by date to pop it in there

EXTRA TIPS

- 🍅 **PLAN** – saves time and money and helps you shop smart (no impulse buys!)
- 🍅 **UNDERSTAND EXPIRATION DATES** – “Best Before”= Quality
“Use By”= Safety, ignore all other dates they're irrelevant.
- 🍅 **PORTION** - use correct portion sizes to prevent cooking too much
- 🍅 **USE FIFO** (First In First Out)- put items which were bought first at the front of the fridge/cupboard so they aren't forgotten.