DON'T LET YOUR FOOD GET WASTED
TIPS TO HELP YOU WASTE LESS FOOD AND SAVE MONEY!

7.2 MILLION TONNES
of food is thrown away in the UK every year!

That's the equivalent weight of 6.2 million Mini Coopers!

thrown away food rots in landfill and emits methane gas, which is 20x more potent than CO2.

60% OF IT COULD BE SAVED
On average every person in the UK bins the equivalent of 24 meals a month!

Place salad leaves in a Tupperware box with kitchen roll and close the lid. it will last much longer than an open salad bag.

FREEZE WITH EASE
Most foods can be frozen (milk, bread etc) right up to their use-by date. Just defrost overnight in the fridge and use within 24 hours. Make sure you cook until piping hot!

Bread can be frozen! 24 million slices of bread are chucked away everyday in the UK. Freeze half a loaf to reduce waste.

MAKE A LIST
Shopping without a plan makes you buy more than is needed.

SHARING IS CARING
Sharing meals not only means you'll waste less, but it divides the cost and allows you to make meals that you would not make for just one person.

USE THE CORRECT PORTION SIZES
Thinking about your portion size will reduce your waste dramatically.

GIVE IT... DON'T BIN IT...
At the end of the year please remember to donate your unopened, non-perishable food through the Give It Don't Bin It reuse scheme.

100% recycled
The University of Manchester