

Are you throwing £700 a year in the bin?



UK households throw away **6.6million tonnes** of food every year. Three quarters of that, some 4,5million tonnes, is food that could have been eaten. For the average household with children that amounts to **£700** worth of food a year going in the bin.



Not only is food waste bad for your wallet, it's bad for the planet. If food waste was a country it would be the **third biggest producer of carbon emissions** in the world.



If the 4.5million tonnes of food that could have been eaten had not been wasted, it would have saved 5.3million tonnes of greenhouse gas emissions – the same as taking **2.4million cars** off the road for a year.

The top ten most commonly wasted foods by UK households

- Potato (fresh)
- Bread
- Milk
- Meals (home-made and pre-prepared)
- Fizzy drinks
- Fruit juice and smoothies
- Pork/ham/bacon
- Chicken/turkey/duck
- Carrots (fresh)
- Potato (processed)



Top tips to reduce your food waste

- ✓ **Plan your meals before you go shopping.** Buying the specific ingredients you need will make your shop more efficient, saving you time and money.
- ✓ **Keep a pad and pen in the kitchen or a list on your smartphone.** When you reach the last of a particular item add it to your list. It only takes a second and will stop you buying something fresh when the same thing is sat in your cupboard at home.
- ✓ **Try and buy foods that can be used for several different dishes** like vegetables, mince, cans of tomatoes, salads to give you flexibility in your meal planning. It also makes it more likely you will use up all your fresh food before it goes off.
- ✓ **Look for foods with the longest use-by date** and fresh foods that can be frozen so if you don't get around to eating them in time you can pop them in the freezer to use later on.
- ✓ **Use FIFO (First in, First Out).** When you get home and unpack your shopping make sure you move older products to the front of the fridge, freezer or cupboard and put new products in the back. This will help you use up older items before they expire.

For more tips visit www.lovefoodhatewaste.com