Top Tips for Reducing Food Waste

Reducing food waste is good for our health, the planet and for our pockets!

Vegetables and fruit make up over a third of all food we bin! That's a lot of fibre, vitamins and minerals we miss out on.

1/3 OF ALL WASTED FOOD IS FRUIT & VEG

Think of all the resources that have gone into producing and packaging it - as well as the greenhouse gases released when it's left to rot.

Food binned in the home accounts for **70%** of total food waste and is about **15%** of the food we buy.

Much of this is could still be used.

17%

Food waste accounts for roughly **17%** of our total income

£220/year for an individual

£770/year for a family

The average UK household loses £520 a year in avoidable food waste and families with children waste £770. Think what else you could do with that money!

Top contributors to food waste

34%

Potatoes are the **single biggest food waste**

FRUIT & VEGETABLES

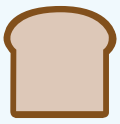
especially **salad**

15%

SOFT DRINKS

such as **carbonated drinks**, **fruit juice** and **smoothies**

11%



BAKERY PRODUCTS

Bread is the **second biggest** single food wasted

CHOCOLATES & SWEETS

2%

Food group	Annual % of total weight of avoidable waste	Annual cost for all in UK	Annual cost for a family	Annual % of total cost
Fresh veggies and fruit	34%	£3,800 million	£153	27%
Drinks esp fruit juice & smoothies	15%	£1,200 million	£51	9%
Bakery incl. bread	11%	£870 million	£34	6%
Dairy and eggs	9%	£750 million	£28	5%
Prepared meals	9%	£1,800 million	£74	13%
Meat & fish	6%	£2,600 million	£108	19%
Biscuits	2%	£160 million	£6	1%
Chocolates & sweets	2%	£14 million	£1	<1%
Other foods	16%	£2,800 million	£112	20%

#shopwelleatwell

Top tips to help you reduce waste at home, save money, improve your health & help the environment

Shop well waste less

ONLINE SHOPPING CAN HELP AVOID IMPULSE BUYS

- Plan meals for the week ahead and generate a shopping list which helps buy just what is needed.
- Shopping list writers save on average £145 per year.
- Don't shop when hungry – you risk overbuying!
- Stock check your store cupboard, fridge and freezer before you shop to avoid duplication. You might find you've got enough for an extra meal.
- Keep till receipts or try a brief food waste diary for a week to identify items which are regularly wasted.
- Multibuy offers: check you really need and can use them in time or they will go to waste.
- Buy fruit and vegetables loose packed in just the amounts you need. Buy some fruit ripe and some to ripen later.
- Make use of canned and frozen fruit and vegetables which have a longer shelf life.

Food storage

- Around half the food wasted is because it has gone off or passed its use by date. Use 'best before' and 'use by' dates correctly.
- Go for the longest use by date or fresh foods which can be frozen. Freeze extra food before the 'use by' date (if not frozen previously).
- Keep food at its best by following the clear storage guidance on packaging. Many fresh fruit and vegetables keep longer stored in the fridge.
- Check your fridge and freezer are at the correct temperature.
- Label food with the name and date before freezing.

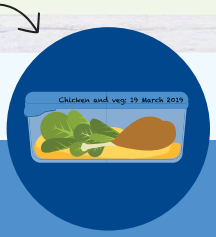
BEST BEFORE refers to quality rather than safety. Should be safe to eat after this date but may no longer be at its best.

USE BY refers to safety. Should not be eaten after the date shown.

Food preparation

- Prepare and cook just the amounts you need. Some food packs carry portion guidance. A useful guide per adult for dried rice and pasta is 75g and for meat it's around 120-150g raw weight. For more information on handy measures for portion guidance see: **https://www.nutrition.org.uk/healthyliving/find-your-balance.html**
- 26% of food waste costs is due to preparing or cooking too much.
- Using leftovers can save around £260 per year.
- Freeze leftovers or use creatively and safely e.g. leftover vegetables for soup, a smoothie or packed lunch. Look out for recipe suggestions on in store recipe cards or on food packaging.
- Other ideas:
  - Stew overripe fruit to make a compote or oaty crumble.
  - Cooked pasta – use for next day's lunch.
  - Cooked potatoes – add to bubble and squeak or a curry, hash or stew.
  - Bread – freeze in separate portions when fresh or use for breadcrumbs.
  - You can use grated cheese straight from the freezer and it keeps for up to 4 months.

SAFELY USING LEFTOVERS



Always cover and label leftovers, cool then refrigerate or freeze as quickly as possible.

Use refrigerated leftovers within 48 hours (24 hours for cooked rice).

Defrost frozen leftovers in the fridge before cooking and heat thoroughly until piping hot throughout.

Only reheat leftovers once.

For more leftover recipe ideas see http://www.lovefoodhatewaste.com/

1. DEFRA Food Waste in England. 2017
2. Wrap (2018) Final Report. Household Food Waste Restated 2007- 2015. http://www.wrap.org.uk/content/courtauld-2025-baseline-and-restated-household-food-waste-figures
3. Modern Life is Rubbish, Lifting the Lid on Food Waste Habits in Britain Today. Waste Less Save More. Sainsbury's 2016. https://www.about.sainsburys.co.uk/~/media/Files/S/Sainsburys/documents/modern-life-is-rubbish-food-waste-report.pdf

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