

## Food Waste; what you need to know!

No one likes to waste money by throwing food away, and once you know that the average British family throws away about 110kg of food or nearly £700 a year, then it really does make you think! The problem is though, that when we're asked, we all say we don't waste food, so what's going on??



1. Few of us want to admit to throwing food away, or may not even be aware we're doing it, so the best place to start is to get bin savvy. Try having a separate bin for food waste and after a couple of days you can really see what's going in there. You can only start dealing with the problem once you know there is one! So, for example, do you put too much on the plate and have plate waste? Do you end up throwing away mouldy fruit and veg that

has been languishing in the bottom of the fridge? Or is food that's gone past its sell by date because you forgot it was there? Or, is that you just don't know what to do with it (those crusts of loaves spring to mind)?

When you know what you're throwing away, you can start to find out why and then do something about it. Here are our top 3 solutions for wasting food.

### Love your leftovers!

If you notice that you're throwing away a lot of food after your meal, it may seem obvious, but put smaller portions on your plate. This not only helps with minimising waste, but also means you don't over eat. The rest can go in a Tupperware tub and be eaten for lunch the next day, or popped in the freezer and used as a ready meal when time is tight. Double win as you get 2 meals for the price of one!

### Get fridge savvy!

Food going off is the main reason we waste food. Do you forget what's in your fridge and then find a pack of chicken or bag of salad lurking away, developing a personality? If so then get fridge savvy! Take a good long look in your fridge, especially before you go shopping. Anything that is approaching its use by date, bung it in the freezer for use at a later date.

### Plan plan plan!

Maybe you buy too much of something and don't use it in time? Well, meal planning is THE best way to avoid waste. Before you go shopping look in your cupboards and fridge to find out what you've already got and then make a meal plan for the coming week. That way you'll only buy what you need and won't waste food you already have. Ever better, writing a meal plan will save you loads of time and money and really helps take the stress out of shopping.

If we all stop wasting food, it would be the equivalent of taking 1 in 4 cars off the road! So, get to grips with food waste, help save money and the planet!



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