



FOOD WASTE

No matter how careful we are, we all waste some food. Even if it seems like a small amount, if you scale up it becomes an exceptionally large problem for the planet.

Some facts:

1. If your waste food goes into landfill, it releases greenhouse gases. You probably know that already, but did you know that approximately 8% of total greenhouse gas emissions are as a result of food waste? That's huge!
2. Around one third of all food produced for human consumption is wasted! And we know that over production on this scale leads to habitat destruction and a decrease in diversity. According to the 2019 State of Nature report, 41% of UK species are declining and one in 10 is threatened with extinction
3. Scottish households throw out approximately 600,000 tonnes of food every year. The most common things we throw out are milk and bread. Ring any bells? If we were able to stop throwing out so much it would be the equivalent of taking one in four cars off the road and it could save each household, on average, £440 per year!

We can all play our part in reducing household food waste and here are some top tips from the Energy Saving Trust:

- Before you go shopping, check what you have in your fridge and store cupboard
- Do a weekly meal planner and base your shopping list on it
- If you have leftovers, freeze them (but don't forget to use them when you are doing your shopping list and think about how you can incorporate them into the meals in your planner. It's also helpful to label and date them)
- Keep checking the labels: 'Use by' relates to food safety, whereas 'best before' relates to quality. That means you can eat food after its best before date, if you think it's still fresh but you shouldn't eat food after its use by date
- Measure your food portions to ensure that you keep leftovers to a minimum. Often food packaging helps by telling us a portion size. An example is pasta which recommends 75gm per person

We can also recycle some of our food waste. We have two information sheets providing more information on what can and cannot be recycled and different ways of doing it.

Further information

<http://abundantborders.org.uk/wp-content/uploads/2020/05/what-you-can-and-cant-compost.pdf>

Source

<http://energysavingtrust.org.uk/love-food-hate-waste>

