

FOOD WASTE ACTION WEEK

MONDAY 1ST – SUNDAY 7TH MARCH 2021

Why is Food Waste a Problem?

Food waste is a bigger problem than many people realise.

In fact, nearly one-third of all food produced in the world is discarded or wasted for various reasons. That equates to nearly 1.3 billion tons every year

Wasting food isn't just a waste money. Discarded food is sent to landfills, where it rots and produces methane gas, which is the second most common greenhouse gas. In other words, throwing out your food contributes to climate change.

It wastes a huge amount of water, too. According to the World Resources Institute, 24% of all the water used for agriculture is lost through food waste every year, about 170 trillion litres.



So What Can We do? Tips on Reducing Food Waste at Home

1. Avoid buying too much

Taking a couple of shorter trips to shops each week rather than one longer trip may prevent you from buying too much food and help cut back on waste.

2. Think twice before throwing food away

While mould or a bad smell is a definite sign that something belongs in the bin, it is not necessary to throw out foods that are slightly past their prime. "Best before" dates can be misleading – if produce still appears fresh and usable, it is usually fine to eat it.

3. Always make a shopping list

Organising the kitchen with FIFO (First In, First Out) - placing newly bought foods at the back of the cupboard or fridge will encourage you to use the food in the front row first, which will ensure freshness and reduce waste.

4. **Store food correctly**

Perishable items, such as fruits and vegetables, each have their best way to store to avoid spoilage. Some tips include:

- a. keeping the refrigerator below 5°C
- b. storing cooked foods on shelves above raw foods
- c. storing food in sealed containers
- d. storing foods like bananas, potatoes and onions outside of the fridge

5. **Make a weekly menu**

Making a meal menu for the week may help you organise your food usage and cut back on waste.

6. **Keep a log of foods that have to be thrown away**

Writing down the types of foods that end up going bad can help you identify the foods that you can cut back on.

7. **Freeze extras**

Freezing foods that people use less often, such as herbs, is especially helpful. For those looking to eat more sustainably, freezing extra fresh fruits and vegetables when they are in season locally can reduce the need for buying them when they are out of season and come from far away.

8. **Eat leftovers**

As part of a meal plan to reduce waste, many people choose 1 or 2 days each week to eat any leftovers they may have stored in the fridge or freezer.

9. **Compost**

Any uncooked vegetable / fruit peeling etc. can be composted and turned into energy for plants. Even coffee granules and tea leaves make a great addition to a compost heap.

THE FOOD RESCUE KITCHEN @ BROCKENHURST VILLAGE HALL



The Food Rescue Kitchen aims to show the surplus 'waste' food that is rescued to redistribute or transform into simple meals to give to those struggling to put food on the table in these challenging times. Giving tips, handy hints and basic easy recipes to help stretch budgets and avoid waste in the home. See their Facebook Group:



The Food Rescue Kitchen - Feed the Need