Reduce food waste

Did you know that households are responsible for 70% of UK food waste?

Try these ideas to help reduce your food waste!

Did you know...

Plan your meals…

To help you buy only what you need:
- Write a shopping list of ingredients
- Avoid food shopping when you're hungry

As well as reducing food waste, knowing your portions can help you eat a healthy, balanced diet by getting the right types of foods and drinks in the right amounts for you.

Know your portions…

To only prepare and cook what you need:
- Measure out the portion size that is right for you
- Use weighing scales, spoons or your hands so you don't use more food than you need

Around a third of the food that we produce globally is either lost in the supply chain or wasted by us as consumers. It has been estimated that food losses and waste contribute to about 10% of greenhouse gases emissions.

Use your leftovers…

To use another time:
- Portion out leftover meals and freeze
- Use leftover vegetables and pulses in pasta sauces, curries or soups

Increases in food prices have recently seen an all time high – reducing food waste also helps save money.

The freezer is your friend…

For most foods:
- Freeze meat and dairy products like hard cheeses and milk up to the use by date
- Freeze bread and take out slices as you need them

Freezing food can help reduce waste during food production - at the farm and transporting the food. Frozen food can lead to less household waste too, as it stays fresh for longer and you can use it as you need it.