

What is food waste?

Any food that we throw away is 'food waste' – the good news is that you can do something about it!

Most of the food we throw away in the UK is 'avoidable'...¹

...Which means it could have been eaten (unlike banana skins, egg shells and bones, which are 'unavoidable!'). The **top THREE items** we throw away every day **UNTOUCHED** in the UK are²:



Milk:
5.9 million glasses



DID YOU KNOW: Families in the UK throw away enough food every month to make **24 meals³** – what a lot of waste!

Why should we care?

Food doesn't just appear on supermarket shelves by magic! Growing, making and harvesting food uses resources from the planet, like water, energy and land. All that effort is wasted when we throw food away.



Food doesn't disappear magically from the bin either! Rubbish has to be collected, sorted and disposed of... all this uses up resources from the planet.

Best before?
Use by?

DO YOU KNOW THE DIFFERENCE?

The 'Use by' date tells you how long food is safe to eat up until – if you eat it past this date, it could make you ill.

The 'Best before' date is about quality. So you CAN eat food past its 'best before' date, but it might not be as tasty.



Rotten food left in landfill – big holes in the ground where our rubbish usually goes – lets off a gas called **methane** (cows also produce this when they do a bottom burp!). This is one of the 'greenhouse gases' causing climate change, so rubbish can harm our environment too.

Did you know?

In developed countries – like the UK – food is usually wasted because we buy too much or don't eat it in time. But in developing countries, the bigger problem is 'food loss'. This is due to food not being stored properly or getting damaged before it reaches the shops⁴.

But... we can do something about this waste together!

Look at what you and your family eat – could you waste less food?

REDUCE



There's nothing wrong with a wonky carrot! So don't be put off by misshapen fruit and veg – it all tastes the same.

Eat what's on your plate and don't load up more than you need!

Make sure the grown-ups are storing food correctly. Did you know that apples last **two weeks longer** if kept in the fridge?⁵

REUSE



How often do you eat leftovers?

There are lots of creative ways to use up old food. Stale bread, for example, makes delicious breadcrumbs for homemade fish fingers!

RECYCLE

Have you seen one of these before?

It's a **composter** and you can throw kitchen waste – like veg scraps – in here instead of putting it in the bin. It turns leftovers into a rich soil that your garden will love.



Learn more about waste at jointhepod.org