




Top 10 Tips To Reduce Your Household Food Waste

Every year roughly **6 million** tonnes of food are thrown away by UK households, of which **4.5 million** tonnes is edible. According to the UN, if global food waste were a country, it would be the **3rd largest emitter of greenhouse gases**.


On top of its negative environmental impact, food waste typically costs a family of four about **£60** a month.

The UK has signed up to a global sustainable target of **halving food waste by 2030**. To help achieve this, we have collated a list of top tips submitted by WI members.

-  **1. Make use of all the food:** There's so much you can do with leftover food and to help use up everything in your kitchen. Adopting a habit of checking before you throw can help save a lot of food waste.




Use this link to find recipes to make from leftover and unused food:
www.lovefoodhatewaste.com/recipes

-  **2. Improve storage techniques:** There are lots of ways to store food: canning, freezing, drying, fermenting and pickling. Freezers in particular are great for storing lots of types of food, giving us all much more time to enjoy the food we buy.



This handy guide can help you understand how to store individual food items:
www.lovefoodhatewaste.com/article/food-storage-a-z

-  **3. Use meal plans & shopping lists:** Before you shop, have a look through your fridge, freezer & cupboards to see what you already have. Then, make a shopping list to help only buy what you need.




You can also make a weekly meal plan before you shop, so you know exactly what you are going for and what you already have!

-  **4. Get to know 'best-before' and 'use-by' dates:** When you put your shopping away, make a note of use-by dates and add them to the calendar as a reminder of when to use it by.



Best-before dates are about quality not safety- so use them as a guideline and think carefully before throwing away food.

-  **5. Check the temperature of your fridge:** The average UK fridge temperature is set at 7°C and only half of us know that our fridge should be below 5°C. Setting your fridge to the correct temperature could make some food items last three days longer.



To find out how to adjust your fridge temperature:
www.lovefoodhatewaste.com/article/chill-fridge-out



6. Research food waste apps: There are lots of free apps available which can really help reduce food waste.



Too Good to Go: rescue unsold food from shops and restaurants so it doesn't go to waste.
Olio: connect with neighbours, each other and with local businesses so surplus food can be shared and not thrown away.

No Waste: easily track, organise and manage the food in your home.

7. Become a portion planning pro: You can reduce waste by getting to grips with how much food you need to cook for each person.



The portion planner provides guidance so you don't cook too much or over serve food:
www.lovefoodhatewaste.com/portion-planner.

8. Compost it if you can: One way to reduce food waste going into landfill is to compost it at home into a valuable and nutrient rich food for your garden.



To get started visit: www.bbcgoodfood.com/howto/guide/how-compost-food-home

9. Create or contribute to a community fridge: A community fridge is a space where anyone who lives nearby can exchange surplus food, including businesses.



Hubbub coordinates the Community Fridge Network and offers free support for groups to set up their community fridge, along with comprehensive guides and health and safety templates. www.hubbub.org.uk/the-community-fridge

10. Help redistribute food to those in need: Several food redistribution organisations operate in the UK who collect fresh nutritious surplus food that has not been sold. They then deliver this to charities and schools so they can provide healthy meals and help the most vulnerable in our society.



Get in touch with food organisations and businesses in your local area to see if they are interested in taking part. For more information visit <https://fareshare.org.uk/>

Whilst you may already be doing this in practice, sharing these tips with friends, family and community members can help spread the word about how we all have a role to play in reducing our household food waste.

For further information about the Food Matters campaign get in touch with us at PA@nfwi.org.uk or visit our campaigns page www.thewi.org.uk/campaigns