



WASTING FOOD FEEDS CLIMATE CHANGE.

30% of global greenhouse gases come from producing our food – we can't afford to waste it.

It's time to act now.

#FoodWasteActionWeek
lovefoodhatewaste.com



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FOOD**
hate waste

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DID YOU KNOW THAT WASTING FOOD FEEDS CLIMATE CHANGE?

The food we waste accounts for more global greenhouse gas emissions than all commercial flights in the world. The process of growing, making, distributing, storing and cooking our food uses loads of energy, fuel and water.

To put it into perspective, if food waste were a country, it would have the third-biggest carbon footprint after the USA and China!

SO, WHAT CAN WE DO TO STOP THIS?

Well, the good news is everyone can make a difference. 70% of the UK's wasted food comes from our homes*, and the power to change this is in our hands. We can start by using the 4.4 million potatoes we waste at home each day, which could do the same for the planet as planting 14,900 trees. Or by using up all 20 million slices of bread that end up in the bin every day, which would have the same impact on climate change as planting 5.3 million trees.

Together we can make a difference, use these simple tips and tricks to make sure your bins stay empty and the planet healthy. Take action now by:

1. Check before the checkout

Take note of what's in your cupboards before you shop, so you never buy more than you need.

2. Chill the fridge out

Keep your fridge below 5 degrees so your food will last longer.

3. Compl-eat-ing

Eat the whole part of the food, like potato skins and broccoli stalks.

4. Creative cooking

Use the LFHW website for inspiration and recipe ideas for using up those leftovers.

