

Bridport Food Festival 2022 – Love Food Hate Waste Press Release

Saying goodbye to unnecessary food waste could save households £60 per month, and make seven extra meals every week. WRAP estimates that an average family with 2 children bins 244kg of food, or 580 meals, each year, costing £730. This would go a long way to meeting rising energy bills.

In the UK, a shocking 70% of edible food binned in the UK comes from our homes. Most of the 6.6 million tonnes of household food waste a year thrown away every year could have been eaten. This could fill eight Wembley Stadiums, and be enough to feed the entire UK population 3 meals a day for 11 weeks.

Every day in UK homes we throw away approximately:

- 4.4 million **potatoes**
- 20 million slices **bread**
- 4.4 million **potatoes**
- 3.1 million glasses' worth of **milk**
- 2.7 million **carrots**
- 1.2 million **tomatoes**
- 970,000 **onions**
- 920,000 **bananas**
- 800,000 **apples**
- 720,000 **oranges**
- 86,000 **lettuces**

And every bit of food saved from the bin is also saving the time, energy and resources which went in to producing and transporting it, so it will also help the climate. When food goes to the landfill and rots, it produces methane—a greenhouse gas even more potent than carbon dioxide. If everyone in the UK stopped wasting food at home for just one day, it would have the same impact on greenhouse gasses as planting half a million trees.

“With ever-increasing food prices – especially of staple goods – plus inflation and the squeeze on household budgets, as well as likely shortages due to climate change and the war in Ukraine, we all need to look at ways we can make a difference! The good news is that there is much we can do, and it’s not difficult to do so.” says Candida Blaker, of Bridport Food Matters.

There are many reasons why food ends up in the bin in our homes, including shortage of time to plan what to buy, temptation to over-stock due to supermarket ‘deals’, lack of know-how in making use of leftovers or whatever you find at the back of the fridge.

The popular annual Bridport Food Festival will focus on ways we as consumers can reduce food waste. ‘Love Food Hate Waste’ is one of the tents at the Bridport Food Festival on Saturday 18th June, 2022. Rachel Millson, tent co-ordinator, says *“This will include a Competition to make various dishes from foods which are most usually wasted, to be judged by local chefs including Gill Meller (author and River Cottage) and Daphne Lambert (Green Cuisine Trust). These chefs will also be given a Community Fridge Challenge to tell us what they would make from the surplus food they find in our Festival fridge. There will also be plenty of other demonstrations including Low Energy Cooking – using an equivalent of an insulated ‘haybox’ so the food continues to cook slowly without fuel, thus saving you money; and ways of making your food last longer such as making preserves.”*

You will also find information from local community food groups such as The Food Glut Stall, which is open to all and has saved tonnes of food from going to waste. We will share tips on ways to reduce our food waste at home – ranging from best use of our fridge and freezer, suggestions on how to preserve foods, along with handy recipes for pestos, chutneys, soups etc.

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Notes to Editor:

Bridport Food Festival is organised by Bridport Local Food Group, a committee of volunteers whose overall aim is to promote and support the areas fantastic food and drink industry and to encourage everybody to eat healthily and locally. The Bridport Food Festival is their showcase event where they are proud to celebrate local producers, retails and hospitality outlets. This year the Festival runs from June 12-24. The main event is held on Saturday 18 June at Askers Meadow: Cost for entry is £5 for adults (£3.50 in advance from TIC and online) Free for under 17s. Other events around the town will be running from 12 - 24 June. visit www.bridportfoodfestival.co.uk for details.

Bridport Food Matters is a communication and information network which aims to be a catalyst for positive change and a provider of information on food matters in the Bridport area. Priorities include: increasing local production and demand, affordable access, healthy eating, sustainable cultivation methods, and food security in response to climate change. Current main partners are Bridport Local Food Group, Seeding our Future, Transition Town Bridport, and the Community Food Hub on the Highstreet. <https://www.bridportfoodmatters.net>

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WRAP – Waste Resources Action Partnership, <https://wrap.org.uk/taking-action/food-drink>
Guardians of Grub <https://wrap.org.uk/taking-action/food-drink/initiatives/guardians-grub>