



FIND OUT MORE

Waste Resources Action Partnership (WRAP)

is one of the globe's leading sustainability charities. Food & drink is one of their main themes.

[wrap.org.uk/taking-action/citizen-behaviour-change/love-food-hate-waste](https://www.wrap.org.uk/taking-action/citizen-behaviour-change/love-food-hate-waste)

and

www.lovefoodhatewaste.com/makefoodmatter

Bridport Food Matters (BFM):

www.bridportfoodmatters.net aims to promote food security and sustainability by providing information about all aspects of food.

It partners with **Bridport Local Food Group:**

www.bridportfoodfestival.co.uk

and others to stage events, and is working towards establishing a community food hub.

BFM is linked to **Bridport Climate Response**

which aims to raise awareness, motivation and practical actions by households in responding to the climate crisis:

www.bridportclimateresponse.net

BRIDPORT FOOD MATTERS

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for Bridport Food Festival 2022

LOVE OUR FOOD, HATE OUR WASTE



with TOP TIPS TO SAVE FOOD FROM OUR BIN

One third of all food produced for human consumption is lost or goes to waste.

This is worth £760 billion – and weighs 1.3 billion tonnes.¹ An area larger than China is used to grow food that is never eaten. At the same time, around 815 million people are hungry, or 8.9% of the world population.

ⁱ UN Food and Agriculture Organisation
ⁱⁱ <https://www.theguardian.com/environment/2020/jan/24/uk-households-waste-45m-tonnes-of-food-each-year>
ⁱⁱⁱ WRAP – Waste Resources Action Partnership
^{iv} <https://wrap.org.uk/sites/default/files/2021-10/food-%20surplus-and-%20waste-in-the-%20uk-key-facts-oct-21.pdf>

LOVE OUR FOOD. HATE OUR WASTE



Saving food from the bin reaps huge benefits for our pockets as well as for the planet

- A family of four wastes around **£60 every month** by chucking food away. This could make seven extra meals every week.
- WRAP, the Waste & Resources Action Partnership, estimates that an average family with children bins the equivalent of 580 mealsⁱⁱ, each year, costing £730.



Most of the food wasted is in our homes – and making a big difference is easy

- 70% of food wasted comes from our homes.
- We throw away 6.6 million tonnes of household food waste a year. Of this, almost 3/4 is food that was still edible: this is enough food to feed the entire population 3 meals a day for 11 weeks!ⁱⁱⁱ
- The amount of edible food wasted every year could fill eight Wembley stadiums.

Some of the main foods UK households waste (that could have been eaten) every day^{iv}:

- 20 million slices of bread
- 4.4 million potatoes
- 3.1 million glasses-worth of milk
- 3.1 million slices of cheese
- 2.7 million carrots
- 1 million onions
- 0.9 million bananas
- 0.8 million apples



Food waste contributes to climate emergencies and depletes precious resources

When food goes to landfill and rots, it produces methane.

- The bread wasted every day creates GHG emissions equivalent to driving over 140,000 cars every year.
- If everyone in the UK stopped wasting food at home for **just one day**, it would have the same impact on reducing greenhouse gases as planting half a million trees.

Wasting food also wastes the massive amount of energy, soil and water it takes to grow, harvest, process, package and transport it.

- It takes 65 billion litres of water to grow the potatoes we waste in UK homes every year.



TOP TIPS TO SAVE FOOD FROM OUR BINS

- **Plan ahead and buy only what you need.** When shopping, take a list or a 'Shelfie' photo to remind you what you already have.
- **Don't pay too much attention to 'Best Before' dates:** use your nose, especially for milk & yoghurt. **Use By** is for foods that go off quickly and could cause food poisoning after this date.
- **Preserve the food you have.** Make easy pestos or pickles.
- **Buy seasonal fruit & veg.** Eating what's in season means you will naturally increase your repertoire of recipes for each food.
- **Recognise the pressure to buy more!** Buy loose fruit & veg to avoid overbuying.



Make good use of your fridge:

- > Keep fridge at right temperature (below 5°C)
- > All fruit & veg can go in the fridge, except bananas. Store food in see-through containers or label it.
- > Store foods in the right areas for temperature.
- > Position items well e.g. mark with the opened on/use by date & place short-dated items in the front.
- > Keep notes on the fridge door of what needs using up & when.
- > **Use your freezer:**
 - > Keep a tub in the freezer to add chopped up odds & ends to be used when full.
 - > Freeze roast chicken carcasses to make stock or soup later.



- > **Revive fruit & veg.** Soak limp veg in cold water. Chop soft apples and soak in juice in the fridge.
- > **Be creative with leftovers.** Use **Big Oven**, **Supercook**, and **MyFridgeFood** or **Epicurious** and **Allrecipes** apps to search for recipes based on ingredients in your kitchen.
- > **Create a collection of your favourite recipes** that can use any fruit or veg you have to hand.
- > **Blend, bake, or boil** fruits and vegetables that are beyond ripe but still taste good. Make sweet smoothies, bread, jams, sauces, or soup stocks.
- > **Support our local economy:** A strong connection to the source of your food means you are more likely to treat it as a precious resource!
- > **Talk it up.** Preventing food waste is the most effective way to shrink its impact on the planet.

