

**We waste £10 billion
worth of food
every year
in the UK**



Sad, isn't it?

Happily **it**

A third of the food we buy in the UK ends up being thrown away. Of course, some is peelings, cores and bones, but most of it is, or once was, perfectly good food.

doesn't have to be this way

Little by little, all this waste really adds up. Over a year, the average family throws away £610 of food shopping – equivalent to an annual utility bill. That's a lot of food.

Wasted food is a waste of money and has a big impact on climate change. Most of it ends up in landfill sites, where it rots and releases greenhouse-damaging methane. It's also a waste of the energy, water and packaging used in its production, transportation and storage.

The good news is that over the next few pages, we've got some easy ways to make the most of our food. And you can visit our website, lovefoodhatewaste.com for more.

"There is no love sincerer than the love of food"

George Bernard Shaw

The Love Food Hate Waste guide to saving money around the kitchen



Lovely leftovers

Being creative with leftovers is a clever way to save money and make what's in the fridge go further. Sunday's roast leftovers can be used in many dishes or in sandwiches – and the bones can be boiled up for stock.

Know your dates

Checking dates saves money. Food can be eaten right up to a 'use-by' date or frozen. 'Best before' dates are for quality so there is no need to throw out food on the stated date – eggs being the exception.

It pays to plan

A great way of saving time and money is to check what's in the cupboard, fridge and freezer and make a list before going shopping. Planning like this removes the hassle of thinking about what to eat every day and lets us enjoy food at its freshest.

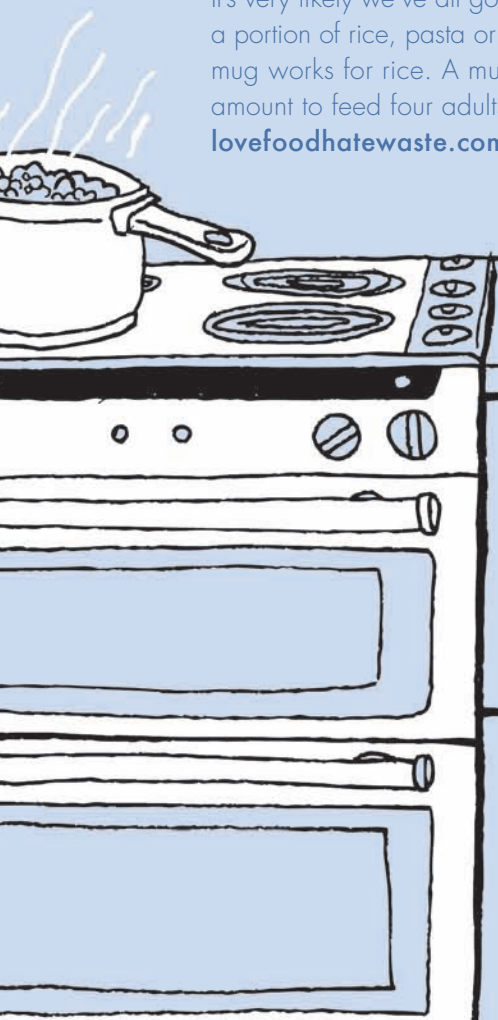


Cook from the cupboard

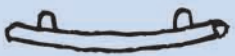
With canned and dried foods in the cupboard and some fridge and freezer basics, you can pull together a quick meal to make the most of any leftovers.

Perfect portions

It's very likely we've all got the perfect thing for measuring a portion of rice, pasta or potato in our kitchen. A regular mug works for rice. A mug of uncooked rice is the right amount to feed four adults. Try the Portion Calculator at lovefoodhatewaste.com



Visit lovefoodhatewaste.com for loads more handy ideas like these and great recipes for leftovers.



How can we make the most of our...?



...fruit and veg

Most ripe fruit can be chilled to last longer ○
Use up fruit on cereal and in curry ○ Tired veg is great in a stir-fry, soup, sauce or casserole ○
Freeze a peeled banana for an instant ice-cream.

**Over-ripe fruit
is great in
a smoothie**

Waste fact...

Every day we waste
4.4 million apples

Freeze sliced loaves to toast as and when you like

...dairy

Keep chilled and check use-by and best before dates

- Yoghurt, milk, cheese and butter can be frozen
- Grated cheese can be used straight from frozen for omelettes and toppings
- Yoghurt's great on cereal and in smoothies.

...meat and fish

Keep chilled and check the use-by dates

- Portion out and freeze until it's needed
- Add leftover cooked meats to dishes or sandwiches.

...bread

Avoid putting bread in the fridge as it will go stale more quickly

- Revive day old crusty bread – sprinkle with water and pop in the oven for a few minutes.



Waste fact...

Every day we waste 7 million slices of bread



...homemade or ready meals

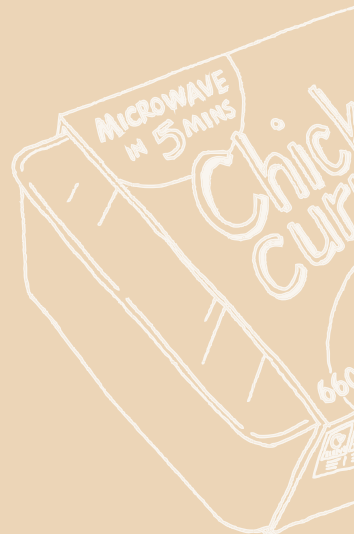
Most chilled ready meals are suitable for home freezing

- Keep an eye on the use-by dates
- Home made meals will last in the fridge for up to two days
- Leftovers are great reheated for lunch and can be bulked up with extra veg. Alternatively, freeze in individual portions for another day.

Waste fact...

Every day we waste 1 million slices of ham

Don't forget to treat yourself to something sweet – because we throw out too much of that too. Amazingly, we bin 700,000 unopened packets of sweets and chocolates a day.



We're all *happier* when food gets eaten

The best thing we can do with our food is enjoy it. But some waste is inevitable.

Egg shells, banana skins and tea bags are never going to be on the menu. Home composting stops these things ending up in landfill, and it's great for the garden.

Your local kerbside food collection service will take away anything you can't eat, to be turned into clean, safe fertilizer.

For more ways to reduce food waste, please visit lovefoodhatewaste.com

