

Food Waste

Do your bit to reduce it!

During the Covid-19 pandemic, food waste has skyrocketed with consumers stockpiling food and disruption of the food supply chain.

Safety

Observe use by dates to ensure food is safe to consume - always store food correctly

Quality

Best before indicates the date when the food will be at its best. The food will remain safe to eat.

1 Check your fridge temperature

It should be between 0-5C. Food, especially milk, will go off much quicker

Plan

Make a shopping list and stick to it when you shop. Plan meals in advance

3 Portion control

Measure your portions to reduce waste when cooking



4 Water your stems

Keep veg crisp and fresh by putting stems in water, such as celery and broccoli

5 Store correctly

Check packaging for storage instructions, save valuable fridge space for produce that needs it

6 Freeze

Put leftovers and any produce nearing its use by date in the freezer

UK food waste



4.5m tonnes = £1 billion of yearly waste