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

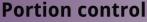
Best before indicates the date when the food will be at its best. The food will remain safe to eat.

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



Measure your portions to reduce waste when cooking





Water your stems

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

Store correctly

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



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



If you are a consumer looking for further guidance, please visit the Food Standards Agency website.