

Food waste tips for the home

Did you know that in the UK we throw away the equivalent of 24 meals a month?¹
Or that nearly a fifth of household waste is packaging?²

The good news is there are some simple steps we can take to minimise the amount of food waste and packaging we produce – just remember the 3Rs. Here are some ideas to share with your family:

Reduce

- ▶ Help plan family meals so food gets used up in time.
- ▶ Freeze extra food (e.g. bread and meat – even cheese and butter can be frozen).
- ▶ Buy fruit and veg loose, rather than in lots of unnecessary packaging.
- ▶ Don't put too much on your plate – you can always have seconds!
- ▶ Eat leftovers the next day or freeze portions to have another day.

Reuse

- ▶ Become a wizard at using leftovers – see our [Waste tips for the home factsheet](#), which has some leftover recipe ideas.
- ▶ Reuse plastic bags – not just for shopping, but also muddy football boots, covering school bags in the rain, etc!
- ▶ Jam jars don't have to be thrown straight into the recycling bin; they can be turned into containers for raisins and other foods, vases for flowers or holders for tea lights.

Recycle

- ▶ Always check packaging before you throw it away to see if it can be recycled.
- ▶ Visit recyclenow.com to find out what your council collects and what recycling facilities you have locally.

- ▶ Stick the list of items you can recycle by the bin, so everyone in the family knows what packaging they shouldn't be throwing away.
- ▶ Have you heard of Terracycle? They specialise in recycling things that have traditionally been hard to recycle (e.g. biscuit wrappers, ballpoint pens and wet wipe packets). Visit www.terracycle.co.uk/en-UK/ and they'll direct you to where you can recycle these tricky items near you.
- ▶ Consider composting, even if space is tight. It's a great way to get rid of things like teabags and veg scraps, and the result will be rich soil you can use for window boxes, if nothing else!

DID YOU KNOW
that apples last two weeks longer if they're kept in the fridge?³



*Sources: ¹ <http://www.wrap.org.uk/content/use-your-loaf-and-save-billions>; ² <http://www.lesswaste.org.uk/reduce/think-packaging/>; ³ <https://www.theguardian.com/environment/2017/nov/29/uk-consumers-told-to-keep-apples-in-fridge-as-part-of-wider-labelling-shake-up>

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Waste-free packed lunch ideas

The goal of a waste-free packed lunch is to avoid unnecessary packaging:

- ▶ Look for a lunch box with compartments – or use reusable containers / recyclable wrap to prevent food getting damaged.
- ▶ Use leftovers for lunch e.g. pesto pasta becomes pasta salad with the addition of some extras (e.g. olives, sweetcorn etc.).
- ▶ Avoid individual items (e.g. crisps, raisins, biscuits); instead, buy bigger packs and put a few in loose or in a reusable container.
- ▶ Instead of individual drinks cartons, use a reusable drinks bottle instead.
- ▶ Fruit is a zero-waste item, especially if the waste is composted afterwards!
- ▶ Put cream cheese, houmous and other dips into a reusable container and include some breadsticks for a DIY dipping snack.



Why not share your waste-free packed lunch ideas in a blog?

Know your labels

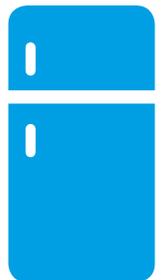
Use by date means that it's not safe to eat the food past this date – it could make you ill – **don't ignore it!**

Best before date means that the food will be at its tastiest and freshest before this date; but it's safe to eat it beyond this still.

The **snowflake logo** denotes food that can be frozen – handy if you're not going to eat it before the use by date.



Little Blue Fridge icon is a new label to remind shoppers to put these products in the fridge and make sure their fridge is below 5°C. Did you know that storing the right foods in the fridge can give them an extra three days' life³?



Display until date – If you see it, ignore it! The label tells shop staff when they need to remove a product from the shelves.

Pssst... Why not play a game on your family and test them to see if they know what each icon represents? You might know more than they do!