

Food Waste at Home

Reducing carbon footprints, saving water and money

- **Planning ahead, buying only what is necessary:**

-Writing shopping lists instead of going to shops unplanned can save on unnecessary purchases. This can also save money.

- **Check the dates on products:**

-Look at the dates and pick food based on whether you can eat it on time. Later dates will often be found at the back of supermarket shelves.

-If you will use the food immediately, buy earlier dated food.

-Use judgement on “best-before” dates. Food may still be fresh after the date.

- **Make Use of Leftovers:**

-For use on other days and in other meals, or don't cook more than is needed.

-Websites like [Myfridgefood](https://www.myfridgefood.com) allow you to insert what ingredients you have, and will then provide recipes catered to what you have.

- **Use the Freezer:**

-Frozen foods are still nutritious and stay edible for much longer than fresh foods.

-Seafood is often frozen before being displayed on supermarket shelves anyway.

-Free leftovers for use another day. Freezing produce that you know you will not use in time.

- **Buy “ugly” produce:**

-Misshapen produce is just as nutritious as the rest, and perfect for use in soups, jams, sauces and smoothies.

-Organisations like [WonkyVegBoxes.co.uk](https://www.wonkyvegboxes.co.uk) prepare boxes of imperfect produce for supermarkets.

- **Compost bins:**

-Check whether your local councils are currently accepting food waste recycling and get a bin if so.

-Alternatively, installing a composting bin or heap on your property may be a beneficial for some. There are home compost designs such as the BOKASHI system that can be indoors or outdoors, and will produce useful compost for gardening.

