



# World Environmental Day 5 – Sarah Judkins Food Waste

Proud history, bright future.





# Household food waste facts.

- One third of all food produced in the world is wasted 1.3 billion tonnes per year. (Insinkerator)
- It is estimated that 88 million tonnes of food is wasted by EU countries each year. The value of this wasted food equates to £143 billion each year. (Insinkerator)
- Every year UK households are responsible for 6.6 million tonnes of food waste. (Wrap-2020 Study)



# More waste food facts

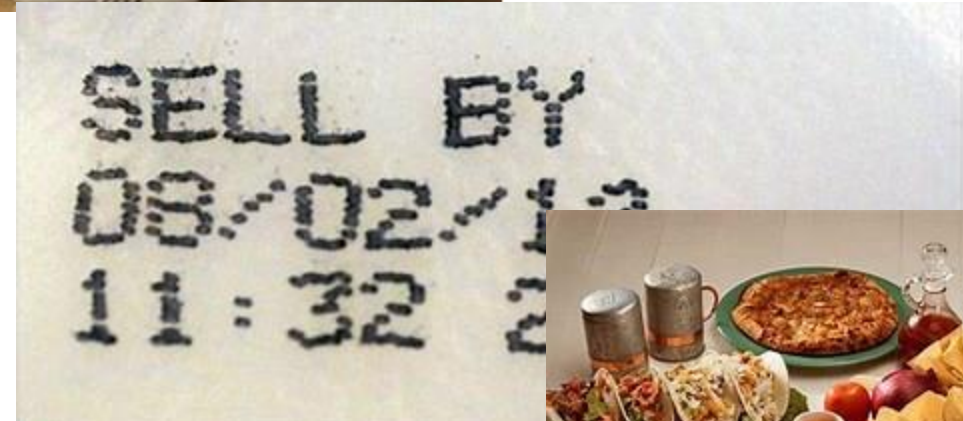


- Every year we throw away 18% of the food we buy. (Love Food Hate Waste)
- Of the 6.6 million tonnes of food the UK throws away, 70% of the food could have actually been eaten. This equates to 4.5 million tonnes of edible food thrown away each year. (Wrap – 2020 study)
- About one –fifth of all food bought into UK homes ends up as waste and is thrown away. (Wrap retail survey 2019)
- On Average a UK family will throw away about £810 of food per year. (Wrap retail survey 2019)



# Why do we waste so much food?

- Around 1.2 million tonnes of food is thrown away in the UK as a result of “cooking too much” or “too much being served”.
- The most popular reason for food being thrown away in the UK is due to not being used in time. Around 1.9 million tonnes of food is thrown away for this reason. The value of this food waste equates to £5.7 billion.
- 1.8 million tonnes of food is thrown away in the UK due to other reasons like fussy eating, accidents, personal preference and more.
- On average, a UK household will waste the equivalent of eight meals a week. (Wrap-2020 Study)



# The carbon footprint of wasted food.

- The amount of carbon associated with the food thrown away by UK households is equivalent to that generated by one in five cars on the UK roads.



# Food waste bin favourites

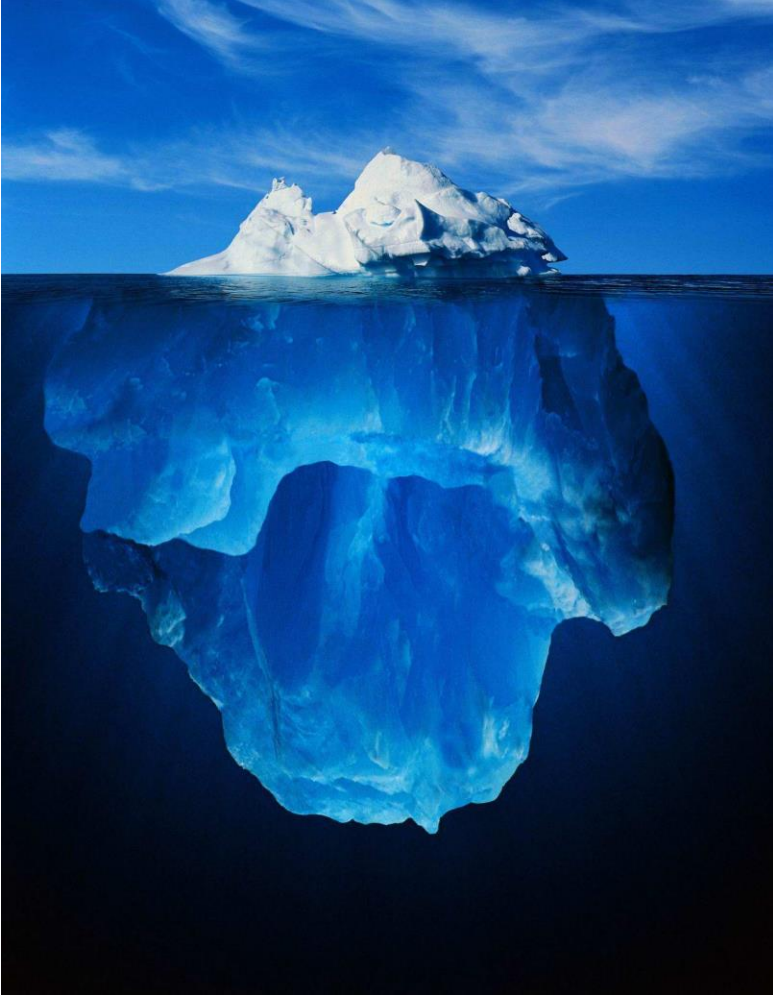
- The top 10 most wasted foods & drinks items by UK households that otherwise could have been eaten are:
  1. Potato (Fresh).
  2. Bread.
  3. Milk.
  4. Meals (home-made and pre-prepared).
  5. Fizzy drinks.
  6. Fruit juice and smoothies.
  7. Pork / Ham / Bacon.
  8. Poultry (chicken, turkey, duck).
  9. Carrots (fresh).
  10. Potato (processed).

(Wrap – 2020 Study)





# The shocking facts about UK hunger



- In the UK today food banks have never been more relied on. The Trussell Trust have reported that they have distributed 2,537,213 emergency food parcels across the UK in the year 1 April 2020 – 31 March 2021.
- Compared to this time five years ago, need for food banks in the Trussell Trust network has increased by 128%.
- This is just one organisation this is just the tip of the iceberg .

# Retail and Manufacturing come to the rescue.

- In 2018 a total of 133 million meals were redistributed in the UK.
- The total amount of food redistributed from retail to charitable organisations amounted to almost 25,000 tonnes in 2018.
- The total amount of food redistributed from food manufacturers to charitable organisations amounted to almost 26,000 tonne in 2018.





# Believe it or not positives from a global pandemic!



- Since Lockdown, UK households have wasted a 1/3 less food than they normally would. (Love Food Hate Waste)
- 70% of UK citizens want to maintain their new lower levels of food wastage after lockdown ends. (COVID-19 Food Waste Study)
- 44% of UK residents said they are preparing more meals at home since lockdown began. (COVID-19 Food Waste Study)
- 41% of UK residents said that since lockdown, they are now checking what ingredients they already have in the fridge and freezer before going shopping. (COVID-19 Food Waste Study)

# What can we do to reduce food waste?

- Plan ahead – let all the family choose a meal each to share the burden.
- Check the fridge and freezer to see what ingredients you already have.
- Shop Smart take a list with you and stick to it or shop on line. Don't over buy.
- Store the food you buy correctly.
- Look for long use by dates.
- Mis shaped fruit and veg taste just as good as the aesthetically pleasing ones.



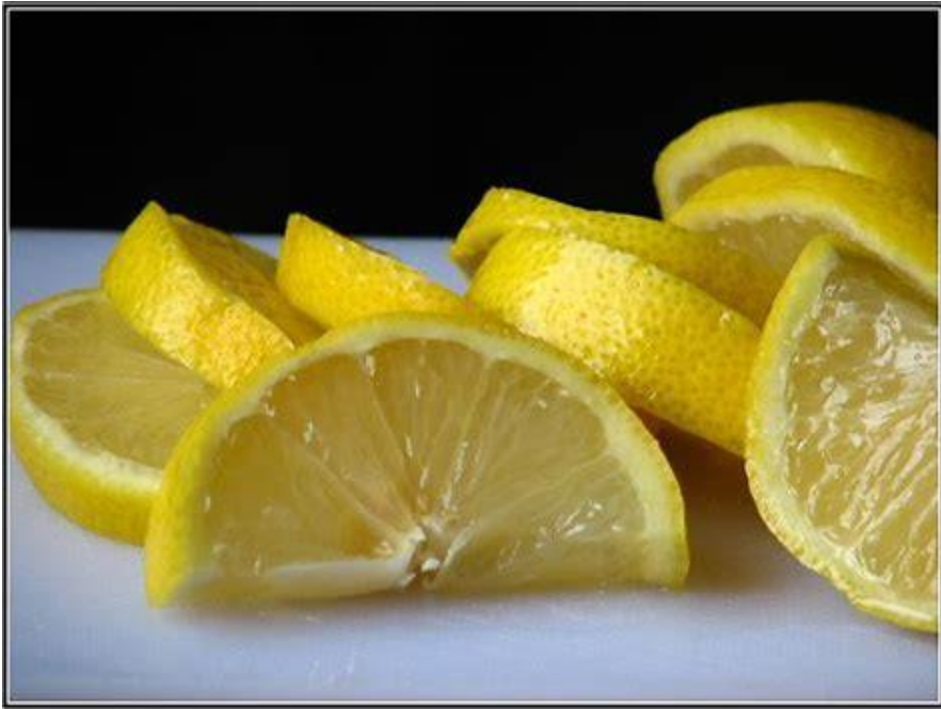


# Things we can do to avoid food waste.

- Batch cook and prepare for the week ahead.
- Double the recipe have half for one meal freeze the other half for another day Saving you time and avoiding waste.
- Left over wine can be frozen into cubes to add to recipes another day.
- Left over herbs can be chopped and added to water or butter and frozen to add to recipes later.



# More ways to avoid food waste.



- Have a freezer plan so you know what is in there and where it is, things will not be left and not used and it will save you time.
- Fruit and veg that are not perfect make great smoothies or soups.
- Before citrus fruit spoils cut it into wedges and freeze them to add to your favourite drinks later.
- Only cook what you are going to eat.



# Other ways we can use food waste.



- Food waste can be composted in your own composter or in a community scheme, the beauty of using this process you are:
  - Reducing landfill methane, a green house gas.
  - Uses no energy to produce.
  - The compost is free and a great source of natural nutrients for your garden.
- In the UK, by recycling 13m tonnes of food we create energy to power 200,000 homes each year. This is worth more than £220m to the UK economy.

# The Final Word.

“We don’t need a handful of people doing zero waste perfectly.

We need millions of people doing it imperfectly”.

(Anne Marie Bonneau)

