



This month our focus is:

# Food Waste

# What are the issues?

Around a third of the food we produce is wasted, and in the UK, 70% of food waste is created in the home.

When this food ends up in landfill, it produces greenhouse gases that contribute towards global warming.

When food is wasted, all of the water, land, and energy that went into producing it goes to waste too.

Food waste also reduces the availability of food, which can cause the cost of food to rise.

Of the 6.6 million tonnes of food thrown away by UK households, 4.5 million tonnes could have been eaten, at a time when millions of people in the UK regularly go hungry.

# What can I do?

Think about your food shopping habits - try to buy only what you need and what you know you will have a chance to eat.

Look into the local food waste recycling or bin collection where you live to divert your food waste away from landfill.

Set up a compost heap or bin for your food waste if you have outdoor space.

Freeze your leftovers from meals to eat later, or look for recipes to use up leftover ingredients.

Consider joining apps or groups that redistribute food that would otherwise go to waste from shops, restaurants, and homes,

# Where can I learn more?

These posters will be available at [standrewsn19.org/ecochurch](https://standrewsn19.org/ecochurch)

<https://www.lovefoodhatewaste.com/>

<https://thefelixproject.org/>

<https://www.oddbox.co.uk/>

<https://friendsoftheearth.uk/food-waste/>

<https://feedbackglobal.org/knowledge-hub/food-waste-scandal/>

<https://www.wildlifetrusts.org/actions/how-compost-your-waste/>

<https://www.un.org/en/observances/end-food-waste-day/>

<https://www.independent.co.uk/extras/indybest/gadgets-tech/best-food-waste-app-earth-day-b1835617.html>

<https://www.islington.gov.uk/recycling-and-rubbish/recycling/food-waste-recycling/what-you-can-recycle/>

