

Cutting down on food waste - another thing that is good for the environment, and for your finances

Most food waste in the UK happens in our homes. In 2021 figures show that 60% of UK food waste was by people in their homes: 6.4 million tonnes of food and drink was thrown away of which 4.7 million tonnes could have been eaten.

Restaurants and supermarkets have had a bad press about food waste and have taken steps to reduce it to 12%. About 28% is wasted during manufacture or on the farm, so now the main culprit is all of us throwing our food away instead of eating it! Here are a few of the rather alarming facts from the latest WRAP report.

Potatoes, cooked leftovers from both homemade and pre-prepared meals, and bread top the UK's wasted food table. UK households throw away 300,000 tonnes of meat and fish a year costing £3.2 billion.

18 million tonnes of CO2 equivalent greenhouse gas emissions associated with food and drink waste come from UK homes: which makes up 3% of the UK's total carbon footprint.

A four-person household spends on average around £1,000 per year on food bought but not eaten. Local authorities spend around £510 million per year disposing of or treating food waste.

The theme for Food Waste Action week for 2024 (18th-24th March) is **Choose What You'll Use**. Supermarkets and shops are committed to removing packaging from twenty-four fruits and vegetables by 2025. This will help us to buy only what we want. Importantly, it will also cut down on plastic. We just have to remember our bags! Links to the WRAP reports can be found at [shamleygreenenvironment.co.uk](https://www.shamleygreenenvironment.co.uk)



Loose fruit and vegetables in our village shop - don't forget your bags!