

What about at home - is there more that I can do ?

Home is where the food is - and there are plenty of things you can do there to make sure you don't waste food and money. Through clever cooking, storing and eating you can cut back on wasted food without affecting your meals.

2. Savvy Storage

- Make sure fruit and veg are stored in the correct place. More information on this at [STOPFoodWaste.ie](http://www.STOPFoodWaste.ie)
- Use your own judgement when it comes to throwing food out. 'Use By' dates should be followed, 'Best Before' dates are a guide, but remember that milk is not like Cinderella - it doesn't go off at midnight. Labels such as "Sell By" and 'Display Until' are used for stock control and are of no interest to householders.
- Keep all dairy products in the fridge. As the saying goes 'milk left out for an hour is the same as a day in the fridge!'
- If you are not going to use meat or fish, freeze it, or cook it and eat it in the following days. Also, if you decide to use only some of it, freeze the rest.
- Use your freezer but don't forget what's in there for 3 years!
- Make sure your fridge and freezer are maintained properly - this will ensure food is cooled properly and saves on electricity costs too
- Supermarkets are smart and use stock control - try this at home - you'll waste less.



3. Canny Cooking

- Try serving food in bowls. This allows people to take what they need and there is less from plate scrapings and you have leftovers for tomorrow
 - Use correct portion sizes - these are usually printed on the packet instructions, the trick is to follow them!
 - If you make extra food, use it the next day for lunch or dinner. Otherwise freeze it for another day.
 - Soups are easy to make from leftovers - a tasty lunch for tomorrow
 - Use leftovers to make delicious and cheap meals - try this once a week - the last supper!
 - Make stock with leftovers and freeze it as ice cubes - these can be stored and used in the future.
 - For leftover recipes check our website www.STOPFoodWaste.ie




STOPFoodWaste.ie

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So we know that food waste is a problem, for both our pocket and the environment. But, when you think about it, preventing it isn't that hard, it just takes a bit of effort.

For more information on this and all forms of home composting, visit our website,
www.STOPFoodWaste.ie

LAPN 
Local Authority Prevention Network

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STOPFoodWaste.ie



So what's the story with food waste?

So... what's the story with food waste?

We all generate Food Waste - at home, in school, at work, on the run...everywhere. Nearly all this food waste is thrown in the bin, and while some is composted most ends up in local landfill. In the landfill, rotting food decomposes to make methane and other gases. In addition to the smell, these are harmful greenhouse gases.



Tell me this, what food are we throwing out?

Black bin rubbish is something we all make. In Ireland **each one of us** throws 280 kgs of black bin waste out each year. That's like each of us throwing out the weight of three Irish rugby players! Or three strapping GAA players, or three well fed golfers! And the amount of food thrown out is about the weight of one of them!

You're being robbed!

Imagine you went shopping and somebody stole 1/3 of your shopping after you paid for it... you'd be pretty mad!! The crazy thing is this is what we do to ourselves when we waste food!



STOPFoodWaste.ie

ABOUT 1/3 OF ALL THE FOOD WE BUY GETS THROWN OUT!! ON AVERAGE, WASTED FOOD COSTS EACH IRISH HOUSEHOLD €700 A YEAR. FOR SOME HOUSEHOLDS THIS CAN BE OVER €1,000.

This is an unbelievable waste of money and food - think of the holidays you could have instead of throwing all this food out.



Of course some of the food thrown out, like bones and banana skins, we can't avoid. But the majority (up to 80%) could possibly be avoided.

The main types of avoidable food waste thrown out are:

- Bread
- Apples
- Potatoes
- Salads
- Meat and fish
- Yogurts and milk
- Spreads and dips

Of all salad materials that are bought, nearly half are thrown in the bin.

The first thing you need to do is know what you actually throw out on a regular basis.



For the next week make a list of the food you throw out...

*Carrots x2
Yogurts x4
Lettuce x2
Bread x3
Oranges x4*



Ok, I now know what food we throw out but what can I do?

There are many things that can STOP Food Waste. If you manage to stop food waste then you'll save money.

Stopping Food Waste starts when you are buying your groceries, then continues in the home where you store, cook and use the food.

1. Better Buying

From the checklist of typically wasted foods from your house you will have an idea about the type of food **YOU** are throwing out regularly. Use this to try and change the way you buy these particular products.

In addition to knowing this remember the following:

- Don't go shopping when you are hungry - you'll buy more than you need!
- If you are shopping for the week try and plan your meals ahead.
- Check your fridge, freezer and cupboards before you go shopping and plan meals around what you find.
- Then make a shopping list... and then try and stick to it!
- Beware of special deals - good for toilet rolls but bad for fruit, veg and salads.
- Try and buy loose fruit and veg - you get what you need and can cut down on packaging wastes in your bin as well
- Check use-by dates to avoid buying food that might get thrown out if not eaten immediately
- Poke around at the back of shelves - you'll often find 'use-by dates' that are further away
- Shop for what you actually eat, not for what you want/wish you would eat e.g. "I am going to be healthy and buy yogurts" and then never eat them!

This leaflet provides some information about the food we waste and more importantly how to avoid food waste and save money! For more information visit our website **STOPFoodWaste.ie**