

Preventing Food Waste... Its easier than you think

Last year in Ireland our food waste mountain was at least 1 million tonnes. Unfortunately food waste is generated at every step of food production – from factory to farm to shop to home. The cost of food wasted for the average Irish household is estimated to be €700 per year. If most of us stop and think about this we would be much wiser to have this money to spend on our families.

In recent years numerous studies have been carried out to determine why we waste food and you might be surprised to know that:

- **40% of food waste** is food we bought or cooked but didn't eat such as plate scrapings, left-overs and special offers;
- **20% of food waste** could be avoided such as bread crusts, potato skins etc, but will require a change in behaviour and habits are hard to break;
- **20% is unavoidable** food waste such as banana skins, bones etc.

So if you are interested in saving money and preventing food waste why not start with tackling the 40% of avoidable food waste that the average Irish home generates? Here are some ideas to get you started:

Leftovers - keep to a minimum by only cooking what you need and using serving bowls to avoid plate scrapings.

Partially used food - this includes unused food and leftovers which sit in the fridge and throw away. Try and get into the habit of using today's left-overs for tomorrow's lunch - 'sally and feed'

Passed its best before date - this usually impacts everyday items such as bread, veg and milk that waste away quickly. To avoid this make better use of your freezer or avoid buying too much to start with.

Food gone off - smell bad, looked bad, tasted bad? Avoid this happening by always making a shopping list, regularly tidying your fridge so old food is put at the front & get used up fast.

Change of plans - this happens but if you can manage the food you were going to use quickly then it can still be part of your future!

For more info and ideas go to www.stopfoodwaste.ie or follow us on [Facebook](#) @ [stopfoodwaste](#)



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