

Food For Life – Not The Bin

Wasted food is a waste of money – and has an impact on the environment.

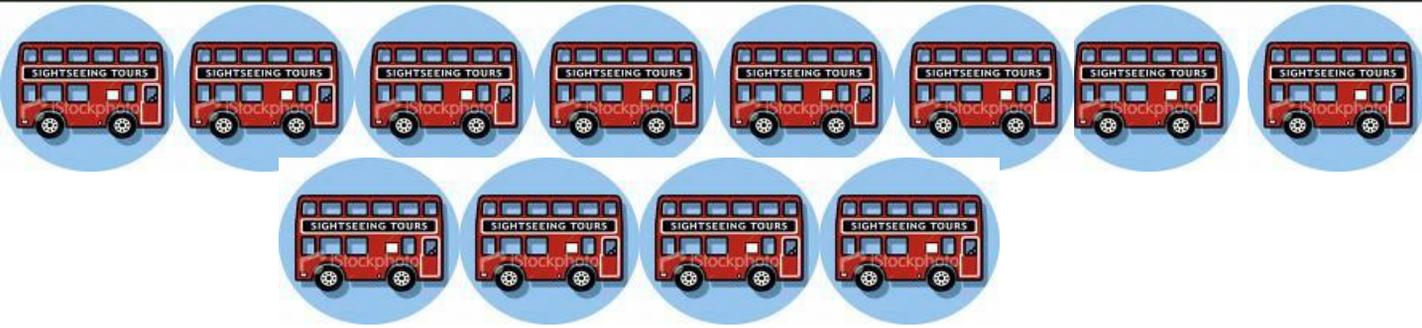
There's an interesting and often-overlooked solution to the dilemma of food waste and it starts in your kitchen: take charge of your fridge-freezer and store cupboard and you'll be richer and greener immediately!

Amazingly, a third of food that Britons buy each year is thrown away, yet most of it could have been eaten. This is not only a waste of money for you – it's estimated that an average family wastes up to £400 annually this way – it's also a major contributor to climate change, as landfill sites receive most of this methane-producing fodder. The Love Food Hate Waste campaign from WRAP (the not-for-profit Waste & Resources Action Programme) aims to inspire food lovers and help reduce the amount of good food being thrown away.

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



How many double deckers could we fill up each day with apples that we throw away whole or untouched?



Sadly, we could fill 12 double decker buses with the whole apples we throw away – every day – in the UK.

Most of our nutritious foods get thrown out because we don't eat them in time. So to help here are some tips to keep our fruit & vegetables fresher for longer.

- Vegetable-based dips like hummus can be divided into portions and frozen for later.
- Did you know that putting tired carrots in a glass of cold water and then chilling in the fridge can give them their bite back?
- Forgotten fruit and vegetables need never go to waste - soups, smoothies, curries, casseroles and sauces are perfect ways to make the most of these nutritious foods.
- Store most fruit and vegetables in the fridge to make them last up to a fortnight longer – only pop fruit you'll eat in the next day or so into the fruit bowl.



Let's Eat it – Not Waste It !!