

My food waste diary



We need your help!

What food waste can you prevent from going in the bin?

Keeping food waste out of landfill helps to protect our planet 

Food waste Do you have any food that's nearing its 'best before' or 'use by' date? Perhaps some uneaten leftovers? Or tired-looking fruit or veg? WRITE THEM HERE	Rescue recipes What dish could you make – or treat could you bake – from your leftovers or unwanted food? WRITE YOUR IDEAS HERE	Waste-busting ideas How could you keep your food fresher for longer or prevent it from being wasted in the first place? WRITE YOUR IDEAS HERE
<i>Stale bread</i> 😞	<i>Bread and butter pudding</i> 👍	<i>Tie it up in a plastic bag and store it in the freezer</i> 😊



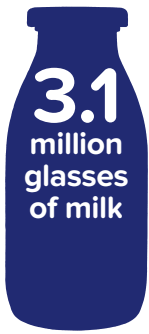
Take part in the Great Busta Bake competition!

The BIG problem with food waste...



Nearly 3/4 of the food we throw away at home is food we could have eaten!¹

Every day, families in the UK throw away:



4.4m
potatoes

20m
slices of
bread



Enough to
make nearly
35
meals a
month²



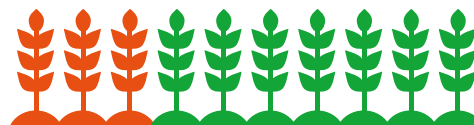
In **DEVELOPED** countries, food is usually wasted because people buy too much or don't eat it in time.

In **DEVELOPING** countries, food is more commonly 'lost' before it reaches homes, because it isn't stored or delivered properly³.

... It's a major cause of climate change!

Carbon emissions come from both **PRODUCING** food and **DISPOSING** of it as waste:

When food waste rots, it produces methane, a greenhouse gas that contributes to climate change.

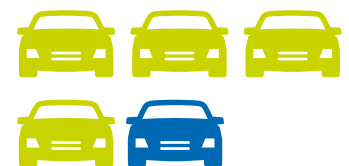


Growing, making and harvesting food generates

30%

of all global carbon emissions⁴.

The carbon cost of our food waste is the same as that generated by **1 in 5 cars** on our roads⁵.



What can you do?

Download the **Food Waste Top Tips** and get smart in tackling food waste!