

Understanding FOOD WASTE



1/3 of the food produced globally is lost or wasted – that's 1.3 billion tonnes of food waste every year!

We produce enough food for everyone on planet, yet **1 IN 9 PEOPLE** (821 million worldwide) do not have enough food to eat.

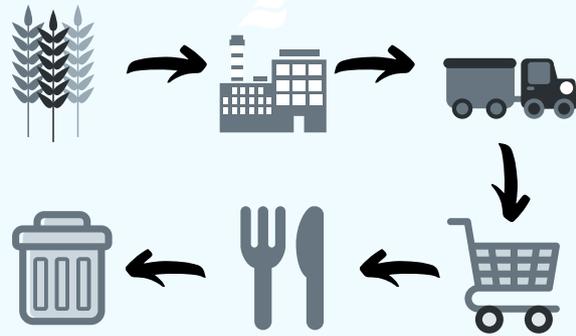


When we waste food, we also waste the **RESOURCES** used to grow, process, package, transport and sell our food, such as **WATER, LAND** and **ENERGY**.



e.g. throwing away just one burger wastes the same amount of water as a 90 minute shower!

Unfortunately, food is wasted across the whole **FOOD CHAIN**:



In Australia, **HOUSEHOLDS** are the biggest contributor to food waste.



Each household throws away 2.5 million tonnes of food each year – that's nearly 300 kilograms per person!



Food waste that ends up in **LANDFILL** produces a greenhouse gas called **METHANE** into the air, which contributes to **GLOBAL WARMING**.

Tips for reducing FOOD WASTE at home



SHOP SMART

- Plan your meals
- Check what ingredients you already have at home
- Write a shopping list
- Buy less, more often to avoid over-buying
- Remember that funny shaped/sized fruit and veg can still taste great!
- Buy fresh food - processed foods use more resources to make.



EXPIRATION DATES

- "USE BY" is about food safety. Your food has to be eaten before this date.
- "BEST BEFORE" is about food quality. Food can still be safe to eat after this date if stored correctly.



SERVE SMALLER PORTIONS



You can always go back for more if you're still hungry!

FREEZE YOUR FOOD



Freeze leftovers in portion-sized containers to eat later!

COMPOST

Put leftover food scraps in a compost bin or worm farm.



USING INGREDIENTS

Use up leftover or overripe ingredients in recipes like soup, smoothies or muffins.



TRACK WASTE



Write down the food you throw away, and why. How can you change this?