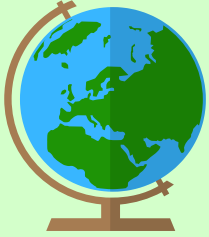
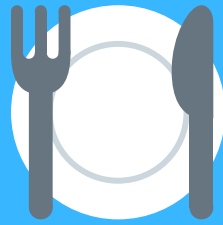


# Understanding FOOD WASTE



**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.

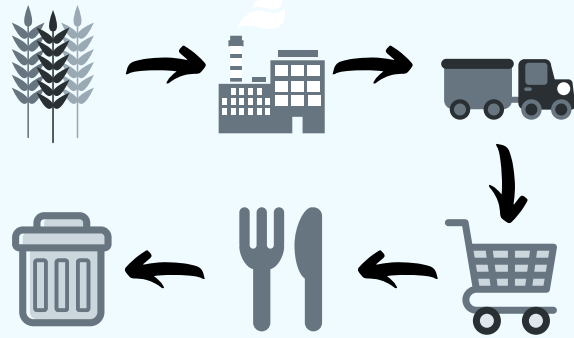


When we waste food, we also waste the **RESOURCES** used to grow, process, package, transport and sell our food, such as **WATER, LAND** and **ENERGY**.



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?