

Conservation



Main Types of Food we Waste

It has been found that the main foods that are regularly thrown out are:

- Bread
- Apples
- Potatoes
- Salads - almost 50% of what we buy we throw out!
- Meat and fish
- Yoghurts and milk
- Spreads and dips

So when you're shopping or eating, watch out for these foods especially.

Remember that by preventing food waste you save twice:

- by buying less food and
- by having less to dispose of.

Stopping Food Waste starts when you are buying your groceries, then continues in the home where you store what you've bought, and then cook your food. For more information on ways to prevent food waste check out

www.stopfoodwaste.ie

TIP! Next week, make a list of what you throw out - you'll be surprised by what you find.



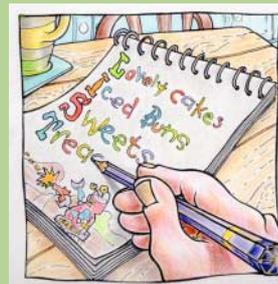
The Food We Waste

We all generate Food Waste - at home, in school, at work, on the run...everywhere. Nearly all this food waste is thrown in the bin, and while some is composted most of it ends up in the local landfill.

Food waste CAN be avoided

The first step is to learn more about what we are throwing out, then we can do something about it.

- Don't go shopping when you are hungry - you'll buy more than you need!
- If you are shopping for the week try and plan your meals ahead.
- Check your fridge, freezer and cupboards before you go shopping and plan meals around what you find.
- Then make a shopping list...and then try to stick to it!!
- Beware of special deals - these are great for toilet rolls and shampoo but bad for fruit, veg and salads (anything that can go off quickly). These are the things we buy because of a "good deal" but often does not get eaten.
- Try and buy loose fruit and veg - you get what you need and can cut down on packaging wastes in your bin as well.
- Check use-by dates to avoid buying food that might get thrown out if not eaten immediately.
- Poke around at the back of shelves - you'll often find 'use-by dates' that are further away.
- Shop for what you actually eat, not for what you want/wish you would eat (e.g. "I am going to be really healthy this week and eat lots of yoghurts!") and then not eat them!



Images and text courtesy of www.stopfoodwaste.ie/ Irish Peat Conservation Council

A Waste of Money & Food!

On average, wasted food costs each Irish household €700 a year. For some households this can be over €1,000! Think of the holidays you could have instead of throwing all this food out!



Are you robbing yourself?

Imagine you went shopping and somebody stole a third of your shopping after you paid for it ... you'd be pretty mad!! The crazy thing is this is what we do to ourselves when we waste food!

