

THE COMPLETE RE3 FOOD WASTE GUIDE

Helping residents of Bracknell Forest,
Reading and Wokingham Borough
reduce, reuse, recycle more and better.



WHY DO WE NEED TO REDUCE OUR FOOD WASTE?

Around a third of food produced globally is lost or wasted. This is having a massive effect on climate change, as food waste contributes between 8 and 10% of total greenhouse gas (GHG) emissions.

In UK households, we waste 6.5 million tonnes of food every year, **4.5 million** of which is edible. This food waste could be old slices of bread, leftovers from your dinner or even peelings.

Those 4.5 million tonnes are enough to fill 38 million wheelie bins, or 90 Royal Albert Halls! *(1)*



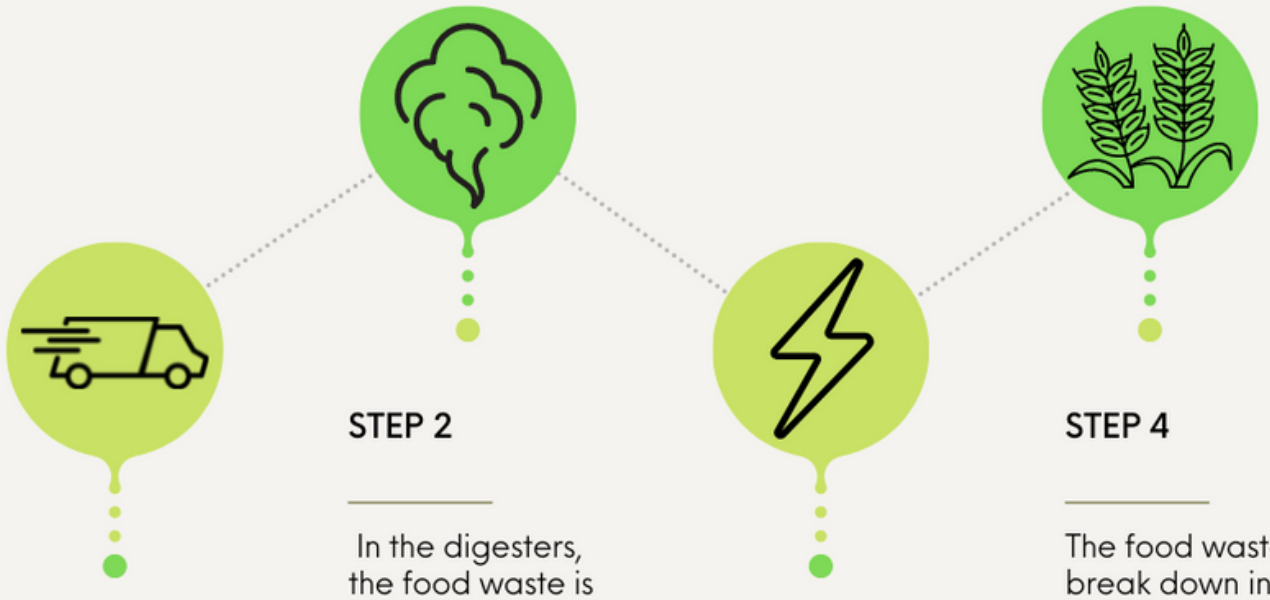


WHAT HAPPENS TO YOUR FOOD WASTE?

Have you ever wondered what actually happens to your food waste once it has been collected?

In the past, food waste was not separated from general rubbish. As a result, it often ended up in landfill where it released harmful methane into the atmosphere.

However, now that our food waste is collected separatley, it can be specially treated and transformed into electricity!



STEP 1

Food waste is collected from households and brought to the re3 Transfer Stations. It is then transported to an Anaerobic Digestion facility in Oxfordshire.

STEP 2

In the digesters, the food waste is broken down by bacteria, creating a gas called methane.

STEP 3

This gas is captured and used to create electricity. The plant produces enough electricty to power 4,800 homes!

STEP 4

The food waste break down into a liquid fertiliser, rich in nitrogen, used into fields to improve the soil and help grow crops.

WHY SHOULD YOU CARE ABOUT REDUCING YOUR FOOD WASTE?

Did you know that the average UK household could save a staggering £720 a YEAR by actively trying to cut down their food waste? 😲 *(2)*

As well as saving money, by reducing your food waste you'll be doing your part to help reduce the effects of climate change!



DID YOU KNOW?



The average family throws away 8 meals a week (3)



20 MILLION slices of bread are thrown away every day in the UK (4)



Nearly 6 MILLION potatoes are thrown away every day (5)



If food waste were a country, it would have the 3rd biggest carbon footprint behind the USA and China! (1)



Wasted food accounts for more greenhouse gas emissions globally than all of the commercial flights we take per year! (4)

WHAT SHOULD BE GOING IN YOUR FOOD WASTE BIN?

- Any leftover food & plate scrapings
- Fruit, vegetables & peelings
- Raw & cooked fish and meat bones
- Dairy products
- Fruit & vegetables
- Bread, cake & pastries



TOP TIP - If you seal your cooking oil in a plastic bottle you can pop it into your food waste bin!

WHAT SHOULDN'T BE GOING INTO YOUR FOOD WASTE BIN?

- Packaging of any kind
- Liquids such as milk
- Pet waste
- Garden waste



CHECK YOUR DATES

The date labels on food can be very confusing if you aren't sure what they mean!

BEST BEFORE:

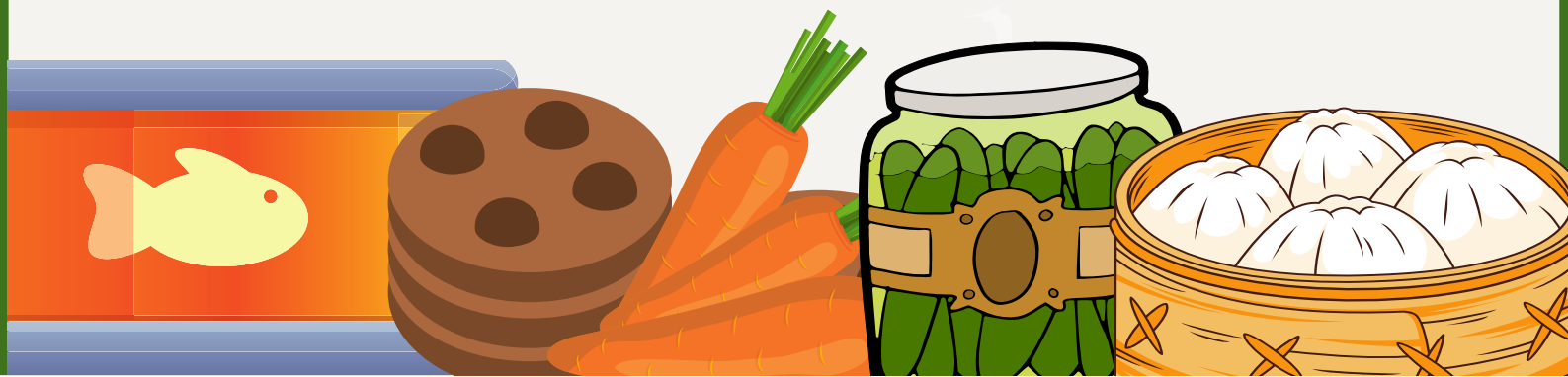
Refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Use your senses to make a judgement.

USE BY:

'Use by' refers to safety: you must not eat food past the 'use by' date. You cannot always smell the bacteria that causes food to spoil, so after the 'use by' date, the food may appear perfectly fine to eat, but could still lead to food poisoning.

DISPLAY UNTIL / SELL BY:

These dates are for the retailers – not us at home. You don't need to worry about these. *(6)*



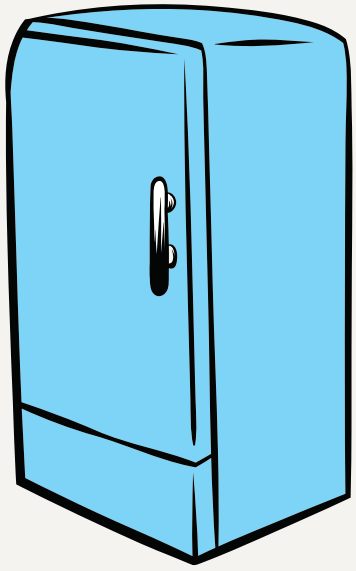
THE A-Z OF FOOD STORAGE

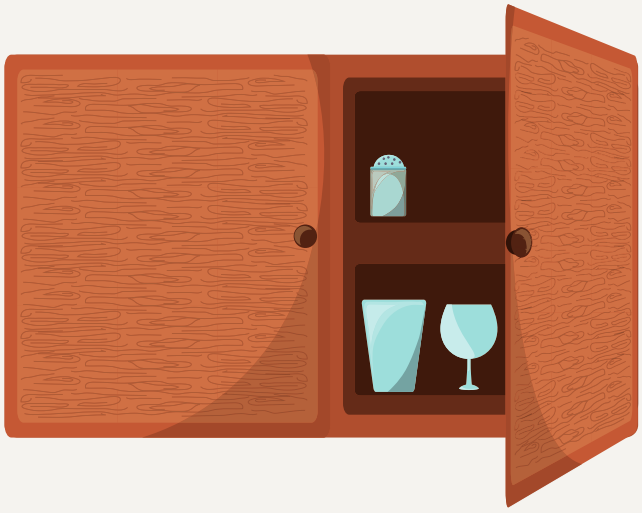
FOODS BEST KEPT IN THE FRIDGE

Apples, Aubergines, Avocados, Beans, Beetroot, Berries, Broccoli, Butter & Spreads, Cabbage, Carrots, Cauliflower, Celery, Cheese, Chickpeas (once opened), Citrus Fruits, Courgette, Cream, Cucumber, Dips, Eggs, Fish, Fruit Juice, Garlic, Grapes, Herbs, Leek, Lettuce, Meats, Melon, Milk, Mushrooms, Parsnips, Pears, Peppers, Salad Leaves, Sauces, Spinach, Stone Fruits, Sweetcorn, Tomato & Yoghurt.

FOODS BEST KEPT IN THE CUPBOARD

Baked Goods, Bread, Cake, Cereal, Fizzy Drinks, Honey, Nuts & Seeds, Oil, Pasta, Pastries, Pineapple, Potatoes, Pulses, Rice, Spices, Squash, Sugar, Sweet Potato & Whole Grains *(7)*





CHILL YOUR FRIDGE



Only 50% of people know that your fridge should be set below 5 degrees!

In fact, the average UK fridge temperature is set at at least 2°C too warm! This is terrible news for milk and other food items kept in the fridge, which can perish quickly when not stored at the right temperature.

Set your fridge to the right temperature so that your milk and other food items can last up to three days longer. *(8)*



TOP TIP - Don't put hot food straight in the fridge! Cool cooked food at room temperature and place in the fridge within one to two hours.

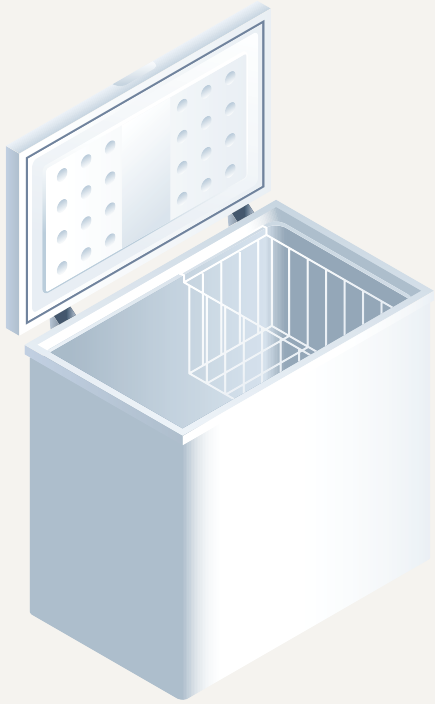
FREEZING FOOD

Frozen items should not be defrosted at room temperature.

Ideally, food should be defrosted fully in the fridge! Check the guidance on food packaging and allow enough time for your food to defrost properly. Make sure your food is fully defrosted before cooking. Partially defrosted food may not cook evenly, meaning that harmful bacteria could survive the cooking process. Once food has been defrosted, eat it within 24 hours.

If it isn't possible to defrost in the fridge, use a microwave directly before cooking. *(9)*

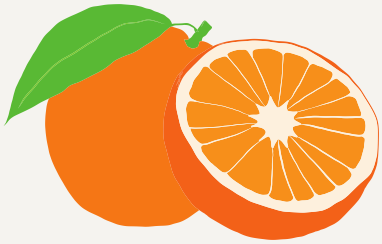
TOP TIP - It's best to use up food in your freezer within 3 to 6 months, but it's worth checking the packaging for any freezing guidelines specific to that product.



COMPLEATING

Compleating is all about eating the whole ingredient or food and letting no edible parts go to waste!

So, w*hat foods can be compleated?*



ORANGE & LEMON PEEL

Candied peel will keep for 6-8 weeks in an airtight container. Use it in fruitcakes, muffins or other sweet treats.



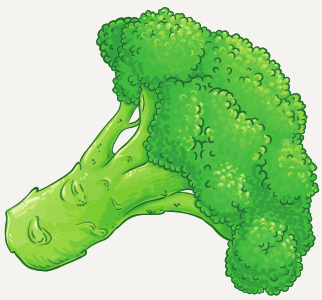
PUMPKIN SEEDS

Roasted pumpkin seeds are both nutritious and delicious, as well as fiendishly easy to make.



CAULIFLOWER LEAVES

Eat more of your greens by giving these outer leaves a thorough wash, then popping them in a bowl with oil and spices & roasting!



BROCCOLI

The crunchy stalk of a broccoli can be peeled, chopped and stir fried for a tasty treat! *(10)*

HANDY RESOURCES

What temperature should your fridge be?

Love Food Hate Waste Homepage

Portion Planner

Recipes for Leftovers

re3 Food Waste Homepage

WRAP Homepage

zeroing in on waste



REFERENCES

(1) *Love Food Hate Waste. 2022. Why Save Food. [online] Available at: <https://www.lovefoodhatewaste.com/why-save-food> [Accessed 15 March 2022].*

(2) *Love Food Hate Waste. 2022. It All Adds Up. [online] Available at: <https://www.lovefoodhatewaste.com/it-all-adds-up/> [Accessed 15 March 2022].*

(3) *The Eco Experts. 2021. Food Waste Facts and Statistics. [online] Available at: <https://www.theecoexperts.co.uk/home-hub/food-waste-facts-and-statistics#:~:text=Households%20throw%20away%2C%20on%20average%2C%201.96kg%20of%20food,to%20eight%20meals%20per%20week%2C%20according%20to%20WRAP.> [Accessed 15 March 2022].*

(4) *WRAP. 2021. Wasting Food Feeds Climate Change. [online] Available at: <https://www.wrap.org.uk/media-centre/press-releases/wasting-food-feeds-climate-change-food-waste-action-week-launches-help> [Accessed 15 March 2022].*

(5) *The Guardian. 2017. Nearly Half of All Fresh Potatoes Thrown Away by UK Households. [online] Available at: <https://www.theguardian.com/environment/2017/nov/08/nearly-half-of-all-fresh-potatoes-thrown-away-daily-by-uk-households> [Accessed 15 March 2022].*

(6) *Love Food Hate Waste. 2022. Date Labels - What do they mean? [online] Available at: <https://www.lovefoodhatewaste.com/about-date-labels [Accessed 15 March 2022].*

(7) *Love Food Hate Waste. 2022. The A-Z of Food Storage [online] Available at: <https://www.lovefoodhatewaste.com/article/food-storage-a-z?_ga=2.255753160.1932536348.1647259938-1558723615.1639668814 [Accessed 15 March 2022].*

(8) *Love Food Hate Waste. 2022. Chill The Fridge Out [online] Available at: <https://www.lovefoodhatewaste.com/article/chill-fridge-out [Accessed 15 March 2022].*

(9) *Love Food Hate Waste. 2022. Food Waste Action Week [online] Available at: <https://www.lovefoodhatewaste.com/food-waste-action-week?_ga=2.151008249.1932536348.1647259938-1558723615.1639668814> [Accessed 15 March 2022].*

(10) *Love Food Hate Waste. 2022. Compleating [online] Available at: <https://www.lovefoodhatewaste.com/compleating [Accessed 15 March 2022].*