

The facts about food waste

DID YOU KNOW...

Almost **50%** of the total amount of food thrown away in the UK comes from our homes. We throw away **7.2 million tonnes** of food and drink from our homes every year in the UK, and **more than half** of this is food and drink we could have eaten.



Wasting this food costs the average household £480 a year, rising to £680 for a family with children, the equivalent of around **£50 a month**.



ENVIRONMENTAL IMPACT

If we all stop wasting food that could have been eaten, the benefit to the planet would be the equivalent of taking **1 in 5 cars off the road**.



DID YOU KNOW?

The waste of good food and drink is associated with **4%** of the UK's total **water footprint**.

WHY IS IT WASTED?

There are **two main reasons** why we throw away good food: we cook or prepare too much or we don't use it in time.



The foods we **waste the most** are fresh vegetables and salad, drink, fresh fruit, and bakery items such as bread and cakes.

DID YOU KNOW?

We throw away more food from our homes than packaging in the UK every year.



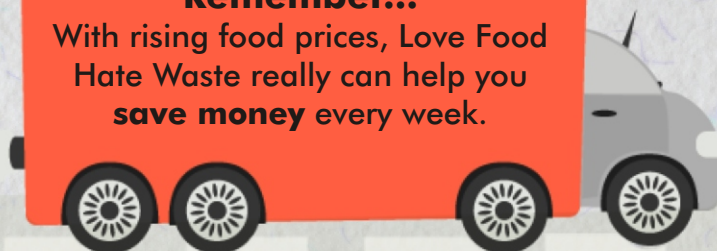
THE GOOD NEWS!

Between 2006/07 and 2010 food waste has **reduced by around 13%**, over 1 million tonnes...

...this amount of food would fill **Wembley stadium!**

Remember...

With rising food prices, Love Food Hate Waste really can help you **save money** every week.



For more information on how to reduce food waste go to lovefoodhatewaste.com