

Reducing Food Waste

Practical skills

Where household food waste comes from, and the habits that reduce it.

Roughly by quantity wasted.

Most wasted

Bread

Milk

Potatoes

Salad and leafy greens

Fresh fruit

Habits

Plan meals before shopping

Shop with a list

Check what you have first

First in, first out in the fridge

One 'use it up' meal a week

Storage

Freeze bread on the day

Store correctly — see the vegetable poster

Understand best-before vs use-by

Freeze leftovers in portions

Most household food waste is edible when discarded. The commonest reason given is 'not used in time'.