

Food Waste - in context

'Cutting food waste is a delicious way of saving money, helping to feed the world and protect the planet'. '

Tristram Stuart, author of 'Waste: uncovering the global food scandal'

UK households throw away 6.6m tonnes of EDIBLE food each year – that's equivalent to cramming over 95 Albert Hall's full of food waste!!! – and that doesn't include the INEDIBLE waste.

Imagine walking out of the supermarket with four bags of shopping, dropping one in the car park, and just not bothering to pick it up. (Thanks to Dana Gunders, author of 'Waste-free kitchen')

It's time to do some detective work, ascertain which foods are being 'binned', and try out new recipes <u>#lovefoodhatewaste</u>.

