**Something for the weekend....Action #32: Review your food waste.**

*“Don’t waste electricity, don’t waste paper, don’t waste food. Live the way you want to live but just don’t waste...."*

Sir David Attenborough

FOOD!!!! The waste of it is a major problem in the UK alone. According to WRAP - each year, the average household throws half of milk purchased; 170 potatoes; and collectively, 860 000 apples EVERY DAY!!!!

In fact, [Recycle Now](https://www.facebook.com/recyclenow/?ref=gs&__tn__=%2CdK-R-R&eid=ARBiSO2G5YsJ1ch5I4Rz5izNRc-6Bw9K6CwHwRStI7vVzZoZaNcL5Uh4DBtHahnh1sjnycEy6ZFzClRQ&fref=gs&dti=308664193075982&hc_location=group) state 'if we all stopped wasting the food which could have been eaten, it would have the same CO2 impact as taking 1 in 4 cars off UK roads.'

We must all make time for a quick review. Start this weekend! Let's break it down:

Q: Do you plan your food shop according to what you will use, or do it on a whim?

Q: How much of cooked meals are leftover? What do you do with any?

Q: How much fresh produce are you throwing out because it has gone bad?

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CONSIDER:

🔵 MEAL PLANNING and SHOPPING LISTS - stick to them! ONLY BUY WHAT YOU NEED!

🔵 MAKE USE of food that would otherwise be wasted - pick up or donate items from / to [Boscombe Community Fridge](https://www.facebook.com/boscombecommunityfridge/?ref=gs&__tn__=%2CdK-R-R&eid=ARDTznFTJzICwlKSMFdVimuJQqnmsphnJD2bY6CXDOEqm-i4mgW7nTgnaqnOSe03AGUfuK-mJuA20-C8&fref=gs&dti=308664193075982&hc_location=group).

🔵 STORING FOOD RIGHT - it in a way that MAXIMISES the time it will stay fresh. The humble jar with water and lemon juice in the fridge goes far. As does a wax wrap. And don't forget, the freezer is your friend!

🔵 PORTION SIZES before you start preparing a meal, to minimise leftovers; or capitalise on the mighty leftover to create another meal! Make a bit extra - that could be tomorrow's lunch sorted. Or FREEZE it for a future dinner!

🔵 GET CREATIVE with cooked and uncooked leftovers!

Follow [Love Food Hate Waste - Community](https://www.facebook.com/LoveFoodHateWasteCommunity/?ref=gs&__tn__=%2CdK-R-R&eid=ARD9sH-vpdXtxDIyDXo-BvaMi8zmzzg229THlfc7G3klwIcHJWz45HbQxOwG3u6GJe5cVdAct8hNsaE1&fref=gs&dti=308664193075982&hc_location=group) for plenty of advice and ideas about all the points above.

*And finally...*When you go out for a meal - why not take your own CONTAINER for any unexpected leftovers? (Particularly handy for when pudding proves too much.....)

❌For the food scraps you really can't use, DO NOT go near your general waste bin - food waste in landfill creates masses of methane, which is 100 TIMES more potent than carbon dioxide and incredibly damaging. Instead, turn to:

✅Your FREE brown FOOD WASTE bin. The contents will be used for commercial composting; to generate liquid feed; and as an energy source to power local recycling facilities.

✅A COMPOST bin. Create your own nutritious compost for future growing. BCP provide subsidised compost bins to local residents. [https://www.bournemouth.gov.uk/binsrecycling/GoGreen/HomeComposting/GetStartedWithHomeComposting.aspx](https://www.bournemouth.gov.uk/binsrecycling/GoGreen/HomeComposting/GetStartedWithHomeComposting.aspx?fbclid=IwAR1bpTplX-n0FRs6X1LQjlcfytTu7vX7ZWiPDILy6yvWA8pj74gs7EPsFls)

✅A KOBASHI bin. Never heard of one? Check out the blog post [www.sobowastebusters.com/blog/bokashi-what](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.sobowastebusters.com%2Fblog%2Fbokashi-what%3Ffbclid%3DIwAR2ucDvmCKRwTbdJ3x1db7tgjK__HnM81q3EK9LW-CwtxooVyl2NO8Qxk1I&h=AT1MURU9ShUhzNw6QwWJ66Hapkgh0WfxFilyx7vBD-UI6pPTq-MVvC08_a_FLuMfSTMA75ULlrAEgQtGgTVYAO3Nj6qtuwwvWl5rgPgK-EwhVYyoUYKzypR7pi2aK1To4hzgZdRMQ7HBz6M7UFCVBMHV).

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Hopefully after as little as a week of reflection, your level of food waste will reduce - and collectively, we can cut down on the £12 billion worth of food that BCP states the UK wastes each year!