

Watch your waste

Could you be tucking in to what you're chucking out?

Food waste around the world

Each year, **one third** of all the food that is produced globally gets thrown away.¹
This wasted food uses:

1.4

billion hectares of **farmland**²
 That's an area the size of Antarctica.³



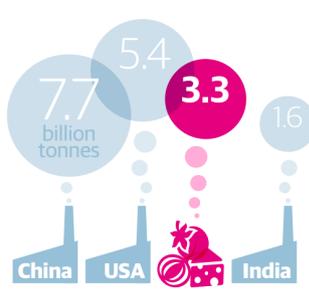
250

cubic kilometres of **water**⁴
 This amount would fill 400,000 Olympic-sized swimming pools.⁵



3.3

billion tonnes of **CO₂**⁶
 This is more than any country in the world except China and the USA.⁷



What about the UK?

In the UK we waste

7

million tonnes of food each year⁸



UK food waste
7 million tonnes

Think about the problem

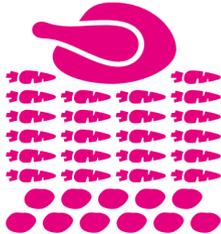
Use it up

Of the 7 million tonnes of food wasted each year...



4.2 million tonnes is food that could be eaten.¹⁰

The average household throws away **5kg** of food every week.¹¹
 That's roughly the equivalent of...



1 whole chicken garnished with **22 carrots** and **11 potatoes**... every week!¹²

Reduce portions

Of the £12.5 billion of waste...



£4.1 billion is because too much food has been served.¹³

In a BHF test, **88%** of people served themselves **more** than the recommended **30g portion size of cereal**.



86% thought that a **six-portion cake** was actually **four portions**.¹⁴



Think about the money

The average family with children spends almost...



£60 a month on good food that goes to waste.¹⁵

This is equal to **£700** a year. That is the same as:



2 family trips to Disneyland Paris.



6 months of electricity and gas.¹⁶

Reduce your waste footprint



4 million tonnes out of 7 million ends up in a landfill site.¹⁷

The UK is set to reach its **landfill capacity limit** by **2018**.¹⁸

Consider your environmental impact

In 2012, avoidable food and drink waste in the UK produced approximately **17 million tonnes of CO₂**.¹⁹



If we all stop wasting food that could have been eaten, the benefit to the planet would be the equivalent of **taking 1 in 4 cars off the road**.²⁰

Remember that food is a precious resource



4600 calories of food are harvested for every person on the planet each day.



Only about **2000** are eaten...



...while **2600** are wasted.



The food we waste could feed all of the **870 million people** starving worldwide.^{21,22}

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