



# **WASTING FOOD FEEDS CLIMATE CHANGE.**

If we all used our loaf and stopped chucking bread in the bin it could do the same for greenhouse gas emissions as planting 5.3 million trees.

## **TAKE THE FOOD WASTE ACTION CHALLENGE.**

Save money, save the planet and win prizes!

**##FoodWasteActionChallenge**  
**lovefoodhatewaste.com**



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Did you know that throwing out food is one of the biggest contributors to climate change? When we waste food, it's not just the food we're wasting, it's the resources it takes to produce it – like water and the land that could have been cleared to create the space to grow it, too. With a massive 30% of global greenhouse gases coming from producing our food, it's safe to say that we need to do something about it and be more eco-friendly.

And 70% of the food that is wasted (post farm gate) is from our homes. The Power is in our hands.

1st March marks the start of the UK's first ever Food Waste Action Week – 7 days of action in which the nation will be rolling up its sleeves and doing something about the climate crisis.

And to kick things off, we're inviting everyone to take part in the Food Waste Action Challenge.

Every day we'll be posting a range of deliciously simple hacks and tips to help you to save money and save the planet.



From lowering your fridge temperature to less than 5 degrees so your grub stays fresher for longer. To 'compl-eating': mouth-watering meals using stuff most people chuck away, like potato skins and broccoli stalks.

To get your mitts on our tasty prizes, simply share your own tips and tricks, tagging us on Instagram @LFHW\_UK. And don't forget to use the hashtag #FoodWasteActionChallenge

So, what are you waiting for?

**Visit [lovefoodhatewaste.com](https://lovefoodhatewaste.com) to find out how you can save money, save the planet and win prizes!**

# A LITTLE TASTE OF THE GOODIES YOU CAN EXPECT DURING THE FOOD WASTE ACTION CHALLENGE.

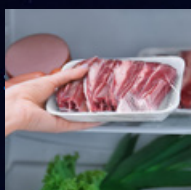
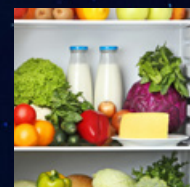


## MONDAY – PORTION PLANNING

This everyday **portion planner** will provide you with guidance on how much food you need for each person, for each meal. It's simple to use as we've calculated the typical serving sizes for you.

## TUESDAY – FRIDGE OPTIMISATION

Learn how to chill the fridge out! The average UK fridge temperature is close to 7°C. Turn it down to 5°C or less and you could get three extra days out of your milk! Use our **Chill The Fridge Out** tool to find out how to set your fridge at the optimum temperature:

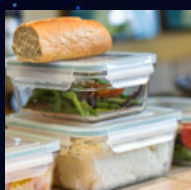
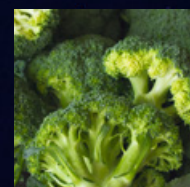


## WEDNESDAY – UNDERSTANDING DATE LABELS

Take a quick glance at your food packaging and chances are, there's probably a date on there somewhere. But what does it mean? We know that the dates can be a bit confusing if you don't understand the difference. **We're here to help you make sense of them**, and in the process save your food from being wasted!

## THURSDAY – COMPL-EATING

Compl-eating is simple. It's about eating the whole ingredient or food and letting no edible parts go to waste like broccoli stalks, cauliflower leaves and potato skins. Getting the best value from the food you buy, making the most of our food's nutrients and saving the hassle of peeling and unlocking a whole load of flavour potential. Find our **Compl-eating recipes** here.

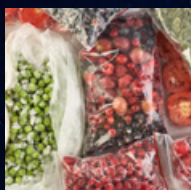
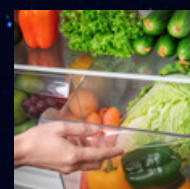


## FRIDAY – USING UP LEFTOVERS

Give your leftovers a makeover – from bubble and squeak to curries in a hurry - find out why there is such a thing as a free lunch! Use our website to search for **leftover recipes** by ingredient, dietary requirement and even cooking time.

## SATURDAY – OPTIMISING STORAGE

Become a storage superhero - storing your food correctly is the easiest way to prolong its life. Check out our **A-Z of Food Storage** to find out how to best store your food, including tips for keeping it fresher for longer.



## SUNDAY – BUYING FROZEN, FREEZING AND DEFROSTING SAFELY

Freezing the food you haven't had time to eat acts like a pause button, giving you more time to eat the food you've bought. Lots of people don't realise it's safe to freeze food right up to the use-by date, and then defrost in the fridge when you want it. In reality, you can freeze almost all foods (except those with a high water content, like lettuce or cucumber). It's a quick and easy way of stopping your food from being wasted, so **make the most of your freezer with these** top tips!

Buying frozen is a great way to ensure you won't waste food that you often only need part of for a recipe or meal, such as mixed veg, or spinach. Try a swaption – swapping fresh for frozen!

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**LOVE  
FOOD**  
hate waste