

# Waste

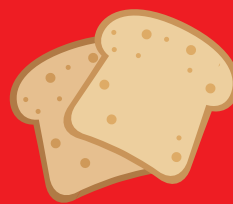
Did you know that **EVERY DAY** in the UK we waste:



**1 million  
eggs**



**4 million  
bananas**



**24 million  
slices of bread**



**5 million  
potatoes**

The **average family** in the UK wastes **£60 a month** throwing food in the bin. **WHAT CAN YOU DO TO SAVE WASTE?**

## Does it fit in your hand?

When portioning rice or pasta measure it with your hand, One portion will fit nicely and you don't have to phaf around with scales. This will save waste, save money and probably be kinder on the waist too!

## Plan your weekly meals

Check what you already have in the fridge/freezer/cupboard, this helps you to only buy what you really need, saving you time and money. Always write a list!

If you can, batch cook some meals and put portions straight into the freezer – frozen food holds its nutrient value and also this gives you a nice quick option when you are tired.

## Date labels

**BEST BEFORE** These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best.

**USE-BY** These dates refer to safety. Food can be eaten up to the end of this date but not after even if it looks and smells fine. Always follow the storage instructions on packs.