

Food facts – Be Waste Aware



Over £1 billion worth of food is wasted by consumers in Scotland each year. That's an average of £430 per household.

Scottish households throw away 566,000 tonnes of food every year.

Two thirds of all food waste could have been eaten.

Half of the good food thrown away is untouched, with one in seven items still in their packaging.

At least £18 million worth of food thrown out is still in date.

If we stopped wasting all this food, we could prevent the equivalent of 1.7 million tonnes of carbon dioxide each year in Scotland. This is the same as taking 1 in 4 cars off the road.

- £70 million of fresh fruit waste is thrown away every year - that's the equivalent of an apple a day for every school child and teacher in Scotland for a year and a half!
- £100 million of vegetable and salad waste is thrown away by Scottish households every year - that's the equivalent of 34 peppers for every person in Scotland!
- £130 million of meat and fish waste is thrown away by Scottish households every year - that's enough to make everyone in Scotland a bacon buttie every Saturday for the next year!
- £90 million of bakery waste is thrown away by Scottish households every year - that's enough to make everyone in Scotland a sandwich a day for the next 6 months!

Tips to reduce food waste

- Before you go food shopping, have a look to see what you have in your cupboards, fridge and freezer. This will help you remember what you already have in there.
- Buy the amount of food you need, rather than being tempted to bulk buy perishable items that you might not use in time.
- Try rotating the food in your fridge, so that any food at the back that needs used up first is brought to the front.
- If your salad is wilted, refresh and revive it by submerging it in a bowl of cold water and putting in the fridge. Your salad should be crispy again within an hour.
- Cabbages are best stored in the fridge. Once cut they rapidly lose freshness - if you only plan to use half sprinkle the cut half with water and store in the fridge
- Old bread crumbs will gather mould so remember to try and keep your bread bin clean by cleaning it once a week.



This information is provided by Waste Aware Scotland (for more information visit www.wasteawarelovefood.org.uk)