

Love Food - Hate Waste

Every adult in the UK throws away at least £420 worth of food each year. This is due to a number of factors, including food past the 'use by' date, purchasing unwanted food items, specifically special offers e.g. 2 for 1 and simply cooking too much.

This means that in Ballymoney, we throw away a staggering £8.6 million pounds worth of food each year!

This is all the more dramatic if you consider that Oxfam Ireland could use this money to provide crop kits and training for 358,000 families in Africa, enabling them to grow their own food and help lift them out of poverty.

Use the handy food diary included in this section, to see just how much food waste you produce each week?

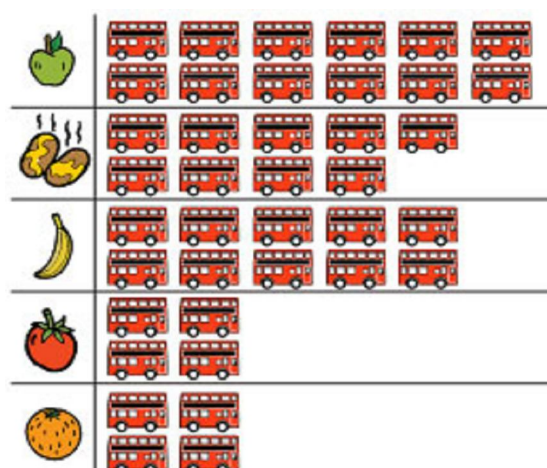
If you need any support or advice, contact Borough Services on 2766 0257

Alternatively, check out the website www.lovefoodhatewaste.com

Simple tips for a more sustainable world:

- Make a list before you go shopping, helping you avoid 'impulse' buys.
- Don't shop when you're hungry, this can lead to 'impulse' buys.
- Look carefully at dates and types of fresh food you buy.
- We throw away 4.4 million apples each day in the UK.
- The top 5 fruit and vegetables we throw away are as follows:
 - Apples
 - Potatoes
 - Bananas
 - Tomatoes
 - Oranges

If we collected all the top 5 fruit and vegetables thrown away each day they would fill double-decker buses as follows



If you need further information on anything relating to reducing waste, please contact Borough Services on 028 2766 0257