



Reduce Food Waste

Make a Difference Today

KNOWLEDGE WILL ALWAYS HELP

ONLY A LITTLE TO MAKE A DIFFERENCE



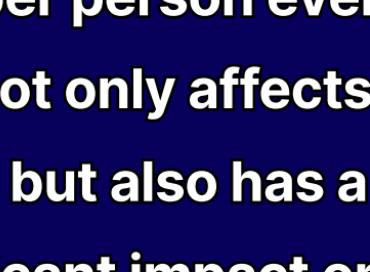
The mission is to help you reduce food waste through practical tips, meal planning, food storage techniques, and portion control.



Did you know that nearly 1/3 of all food produced for human consumption is wasted each year? This not only impacts our wallets but also harms the environment through unnecessary CO₂ emissions and resource depletion. By reducing food waste, we can save money, conserve resources, and make a positive environmental impact.



Reducing food waste starts with simple actions: plan your meals ahead, buy only what you need, store food correctly, and find creative ways to use leftovers. Small changes in your daily routine can have a big impact on reducing waste and contributing to a more sustainable future.



REDUCE FOOD WASTE

DID YOU KNOW???

The average dutch household wastes approximately 34.3KG of food per person every year? This not only affects your wallet but also has a significant impact on the environment, contributing to CO₂ emissions and wasted resources

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How Food is Wasted at Home

Food waste is a big issue in homes, supermarkets, and restaurants. Learning what causes it can help us take steps to reduce it.

How Food is Wasted at Home

In households, food waste happens because people often buy more than they need, don't store food properly, or throw food away based on confusing expiration dates.



- 1. Overbuying:** Buying too much food at once, leading to spoilage.
- 2. Improper Storage:** Food going bad because it wasn't stored correctly.
- 3. Confusing Expiration Dates:** Throwing away food that is still good because of misunderstanding labels like 'best before' or 'use by'.

Supermarket Wastage

Supermarkets throw away food because of overstocking, slightly damaged packaging, or high standards for how food looks



- 1. Overstocking:** Ordering more food than they can sell.
- 2. Damaged Packaging:** Discarding products with minor packaging damage.
- 3. Aesthetic Standards:** Rejecting fruits and vegetables that don't look perfect, even though they are edible.

Restaurant Food Waste

Restaurants often waste food by over-preparing meals, serving large portions that customers don't finish, and keeping ingredients for rarely ordered dishes.



- 1. Over-preparation:** Preparing more food than needed to ensure they don't run out.
- 2. Large Portions:** Serving portions bigger than what most people can finish.
- 3. Rare Menu Items:** Stocking ingredients for items that aren't ordered often, leading to spoilage.

Resources



FAO



LFHW



EPA

By knowing the reasons behind food waste, we can all make better choices at home, when shopping, and when dining out. Small changes, like better planning and storage, can make a big impact.



Food Storage Best Practices

How to Store Food to Reduce Food Waste

Proper food storage can make a big difference in reducing waste. By storing food correctly, you can extend its shelf life and keep it fresh for longer.

Keep Your Fruits and Vegetables Fresh

Fruits and vegetables are often wasted because they spoil quickly when not stored properly. Knowing the right place to store each type can help them last longer.

- 1. Leafy Greens:** Store in the fridge, in a sealed container or a produce bag to keep moisture in.
- 2. Tomatoes:** Keep them at room temperature; refrigeration can change their texture.
- 3. Bananas:** Store them at room temperature, away from other fruits to slow ripening.
- 4. Root Vegetables:** Store in a cool, dark place (e.g., potatoes, carrots) to prevent sprouting and spoilage.



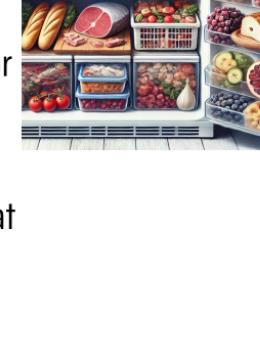
Extend the Life of Dairy and Meat Products

Dairy products and meats can spoil quickly if not stored at the right temperature. Keeping them in the coldest part of the fridge helps them last longer.

- 1. Dairy:** Store milk, cheese, and yogurt in the coldest part of the fridge (not in the door, where the temperature fluctuates).
- 2. Meat:** Keep raw meat sealed and stored in the lowest part of the fridge to prevent cross-contamination and keep it cold.
- 3. Eggs:** Store in their original carton in the fridge to keep them fresh and prevent odors from other foods affecting them.

Freeze Foods to Make Them Last Longer

Freezing food is one of the best ways to extend its shelf life and reduce waste. Many foods can be safely frozen and used later.



- 1. Bread:** Freeze slices of bread to use as needed instead of letting it go stale.
- 2. Meat and Fish:** Freeze meats and fish in airtight containers to keep them fresh for longer.
- 3. Leftovers:** Freeze leftover meals to prevent spoilage and have a ready-to-eat meal for later.
- 4. Fruits and Vegetables:** Freeze fruits like berries and vegetables like peas to use in smoothies or soups.

By storing food properly, you can prevent waste and make your groceries last longer. Learn more about how meal planning can also reduce food waste.



Plan Your Meals and Control Portions to Reduce Waste

Meal planning and portion control are two of the most effective ways to reduce food waste. By planning your meals ahead and serving the right portion sizes, you can save food and money.

Why Meal Planning Helps Reduce Waste

Planning your meals ahead of time helps ensure that you buy only what you need, reducing the chance of food spoiling or going unused.

1. Less Overbuying: You can create a shopping list based on your meal plan, preventing impulse purchases and buying too much.
2. Use Ingredients Efficiently: Meal planning helps you use ingredients across multiple meals, ensuring nothing goes to waste.
3. Save Money: By reducing the amount of food you waste, you also save money on groceries.
4. Less Stress: Knowing what you'll cook ahead of time reduces daily stress about meal decisions.



How to Plan Meals for the Week

Follow these tips to make meal planning simple and effective.

1. Create a Weekly Meal Plan: Take time each week to plan out your meals for each day.
2. Shop with a List: Only buy what's on your shopping list to avoid buying unnecessary items.
3. Plan for Leftovers: Incorporate leftovers into your meal plan, either by re-purposing them into new dishes or by scheduling leftover meals.
4. Check Your Pantry: Look at what you already have at home before shopping to avoid duplicate purchases.
5. Be Flexible: If plans change, be flexible with your ingredients and use them in other meals to prevent waste.



Serve the Right Amount Every Time

Serving the right portion sizes helps ensure that food doesn't get left on the plate and thrown away.

1. Start Small: Serve smaller portions and allow for second servings if needed. This prevents food from being left uneaten.
2. Use Portion Guides: Use visual portion guides (like the size of your hand or a cup) to estimate how much food needed.
3. Pack Leftovers: If you've made too much food, pack leftovers for future meals instead of throwing them away.
4. Restaurant Portions: When dining out, consider sharing meals or taking leftovers home if the portions are large.



Meal planning and portion control are simple ways to reduce food waste in your home. By being mindful of what you buy and how much you serve, you can significantly cut down on waste and save money.



The Environmental Impact of Food Waste

Food waste contributes significantly to environmental damage, from increasing greenhouse gas emissions to wasting valuable resources like water, land, and energy. Reducing food waste can have a direct positive effect on the planet.

Food Waste and Methane Emissions

When food waste is sent to landfills, it decomposes and produces methane, a potent greenhouse gas that contributes to climate change. Reducing food waste reduces the methane released into the atmosphere.

1. Methane from Landfills: Food waste in landfills is one of the largest sources of methane emissions.²



2. Climate Change Impact: Methane is 25 times more effective at trapping heat in the atmosphere compared to carbon dioxide.

Wasting Water, Land, and Energy

Every time we throw away food, we are also wasting the resources used to produce it, like water, land, and energy. By reducing food waste, we conserve these critical resources.



1. Water: Growing and producing food uses an enormous amount of water. For instance, producing 1 kilogram of beef uses about 15,400 liters of water.
2. Land: About 30% of the world's agricultural land is used to grow food that is never eaten.
3. Energy: From production to transportation, food requires energy at every stage of the supply chain. Wasting food also wastes this energy.

Solutions to Reduce the Environmental Impact of Food Waste

Reducing food waste is one of the simplest ways we can all contribute to a healthier planet. Here are a few ways you can help reduce the environmental impact of food waste.

1. Composting: Instead of sending food waste to a landfill, compost it to prevent methane emissions.
2. Repurposing Leftovers: Get creative with leftovers by turning them into new meals to prevent waste.
3. Mindful Shopping: Plan your meals and only buy what you need to avoid overbuying and wasting food.



Reducing food waste isn't just about saving money—it's about saving the planet. By making small changes, we can significantly reduce greenhouse gas emissions, conserve water, and protect valuable land resources.



We'd love to hear from you! Fill out the form below to reach out.

Contact Form

Fields marked with * are mandatory.

Contact Information

Title: *

Mr. Mrs.

Name: *

Example : Jake

Email: *

Example : Something@gmail.com

Phone

+31 Example : 0612345678

Question/Request: *

Example : I have more info for
the website

SUBMIT

Thanks for submitting



**Thanks for the information,
We will get back to you as
soon as possible**