

# Eco-Church - 12 Acts:

## #5 Food Waste

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18% of the food we buy ends up wasted – most of which is edible. The moral and environmental impact of food waste makes it imperative that we take steps to reduce waste.

Some ideas for you to consider:-

Buy Only What  
You Need



Understand  
Labelling



Support groups  
using Surplus Food



More on the St John's website or Facebook, or ask the Eco Team



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### Easy

Multi-buys are very tempting because of how much you “save” - but are the classic marketing tool to buy more than you need. This can lead to waste which means you don’t “save” anything, and also waste food.

To effectively use up ingredients, try a website e.g. <https://www.lovefoodhatewaste.com/> where you enter the ingredients that you have, and get menu suggestions to use them.

### Medium

**Best By** is about Quality while **Use By** is about Safety. Check the condition of the food for mold etc. as well the date, but it may be you don’t need to throw something away after all. You can also **freeze** items before the Use By date. <https://www.nhs.uk/live-well/eat-well/food-labelling-terms/>

### Hard

There are many organisations which focus on using surplus food in creative ways. Consider getting EdAble Kitchen <http://edablesocial.com/> to cater for your next dinner party using food that would otherwise have been wasted! Or share your surplus with others through apps like Olio <https://olioex.com/> and help someone else while reducing waste.