

Do you Love Food and Hate Waste?

Research from WRAP* indicates that the average household throws away an enormous amount of food each week! This is not only an environmental problem but also a financial one. For some households, the money wasted could pay for their main holiday each year or pay the gas and electricity bill! How is your household doing? This quiz is a bit of fun which will only take a few minutes but it may help you to see how food savvy you are and if you may be able to save **£100's** each year! Score **one** point for each correct answer

The Facts

- | | Answer |
|--|------------------|
| 1. How many tonnes of food are thrown away each year by UK householders?

a) 1 million b) 1.5 million c) 2.5 million d) 8.3 million | [] |
| 2. Which age group wastes the most and the least amount of food? (Tick one in each column) | |
| The <u>Most</u> | The <u>Least</u> |
| 18-24 [] | 18-24 [] |
| 25-34 [] | 25-34 [] |
| 35-44 [] | 35-44 [] |
| 45-55 [] | 45-55 [] |
| 55-64 [] | 55-64 [] |
| 65+ [] | 65+ [] |
| 3. How much money could many householders save <u>each month</u> by reducing the amount of food that is thrown away?

a) £8 b) £10 c) £12 d) £50 | [] |
| 4. Which food type is thrown away the most? (tick one box) | |
| [] fresh fruit & vegetables | |
| [] fresh meat & fish | |
| [] bakery & dairy produce | |
| [] rice & pasta | |
| [] fresh meat & fish | |
| | [] |

Answer

5. If we all stopped throwing away edible food, it would have the same effect on the environment (in terms of CO₂ emissions), as taking what percentage of cars off the road?

- a) 8% b) 10% c) 12% d) 25%

[]

6. What are the two main reasons most people throw away food?

We don't shop very often

We don't use it in time

Supermarkets are allowed to run promotions of a 'buy one, get one free' nature

Too much food is cooked, served or prepared

We don't have the time to use it

Food is very cheap and we don't value it

[]

7. Grocery retailers waste far more food than householders do.

True or False? (circle your answer)

[]

Planning

8. What three main things could you do before you go food shopping that could save you money?

1)

2)

3)

[]

Shopping - Know Your Dates!

9. Can you match these common food label terms with their correct descriptions below?

- a) Use by b) Sell by c) Best before d) Display until

1. These dates are for store staff – so can be ignored by householders	
2. These dates relate to quality, foods should be safe to eat after this date, but they may no longer be at their best	

3. This date is for food safety, food can be eaten or frozen up to the end of this date	
4. These dates are for store staff – so can be ignored by householders	

[]

Food Storage

Every household stores food in different places. By storing your food in different ways you could save money and reduce the amount of food you waste.

10. From the householders viewpoint which one of the food label terms is the most important to watch? _____ (see Q9) []

11. What can you do with food approaching its use by date?
 Freeze it
 Eat it
 Throw it away
 Give it away []

12. Only skimmed milk can be frozen, True or False? (Circle your answer) []

13. How long will most leftovers (if they are well wrapped up), keep in the fridge for?
 a) Under 12 hours b) 1 day c) 2 days d) Up to 6 days []

14. You have opened a packet of ham, how should you store it?
 _____ []

15. Match the following foods with their best storage place: []

Cupboard



Potatoes	Carrots	Apples
		
Bread	Eggs	Cheese
		
Tinned Tomatoes	Mayonnaise	Flour
		

Fridge



Freezer

Your Meals

16. When cooking pasta or rice how much is an average serving?

- a) ½ cup b) ¼ mug c) ½ mug d) 1 full (level) mug []

17. What is the best way to measure out food before cooking it?

- [] Guess
[] Use weighing scales
[] Cook how much I always do
[] Don't bother
[]

18. What is the single most important reason that edible food gets thrown away?

- [] cooking and preparing too much
[] not using food in time
[] not eating food before it goes past its use-by date.
[]

19. What are the best ways to use left over food from a roast dinner?
(tick all that apply)

- [] Throw all the food away
[] Use the meat for soup or a pie
[] Use the left over vegetables in bubble and squeak
[] Give it to the dog (or cat)
[]

Do you Love Food and Hate Waste Quiz:

The Answers:

1) d – 8.3 million. The 8.3 million tonnes does include things such as vegetable and fruit peelings which are not always avoidable.

In reality 5.3 million tonnes is avoidable as it is edible food. This is still a huge figure.

2) The age group that wastes the most is 55 - 64;

18 - 24; 33 - 44 and the 65+ waste the least. It may be a surprise that the 55 - 64 age group waste so much but research suggests that this is because householders with children may still prepare meals for their adult children who are still at home and they may not turn up for the meals, or indeed they may not have many meals with the family and yet there has not been an adjustment in terms of portion size.

3) d - £50. The average household throws away £480 worth of good food and drink every year; this rises to £680 a year for household with children – giving a saving of up to £50 a month.

4) Fruit & vegetables. This is for a number of reasons from poor storage; buy one get one free' offers on perishable goods; and people buying too much.

5) 25%. This reflects the fact that transporting food to shops and then dealing with any waste afterwards has a significant negative effect on the environment.

6) 'We don't use it in time' and 'Too much food is cooked, served and prepared'. Whilst it is true that some people don't value cheap food; that many people don't shop very often and that we are often short of time, these don't lead to food wastage – it is still possible to avoid wasting food with careful thought and planning. Offers by supermarkets do not mean throwing away food is inevitable – instead these offers can save us money.

7) False. Grocery retailers obviously do waste food but it is a myth that they waste huge amounts. Recent data reveals that 361,000 tonnes are wasted by retailers [compared to 5.3million by householders]. It is in the interests of all retailers to reduce wastage as it eats into their profit margins.

8) There are a number of possible answers here: Check food cupboards; check the fridge and freezer; check the fruit bowl; write a shopping list; plan meals

9) a - 3, b - 1 or 4, c - 2, d - 1 or 4

10) Use by. Use by dates are linked to food safety and your health so it is important to watch these carefully. Best before dates are not as important as they relate to the quality and taste of food. The only exception is with eggs which have a best before date on them and these obviously need to be watched.

11) In theory you can do all of these (apart from throwing away food as this does not save money). The best answers are to **Eat it or Freeze it.**

Giving it away is a nice gesture but it does not save you money.

12) False. All milk can be frozen as long as it is frozen before the Use by date. There is a myth that full fat milk can't be frozen – it can. Just give it a shake when it is defrosted to mix it up.

13) c – 2 days at the maximum. Any longer and there is a danger that the build up of bacteria could cause you and your family to be unwell.

14) Wrap it up well, or store it in an air-tight container.

15) The aim is to try and keep food fresh for as long as possible to avoid it going off and been thrown away. Most fruit and veg should be kept in the fridge along with eggs (to avoid fluctuating room temperatures). Cheese should be stored in the fridge but it can also be frozen as can bread. Potatoes should be stored in

the dark above 5°C. Flour should be kept in the cupboard and if stored in an air tight container will last for 3 - 4 months. Mayonnaise can be stored in the cupboard unopened then once opened store in the fridge for up to six months. Tinned tomatoes should start off in the cupboard but once opened store in a plastic container for up to 1 week in the fridge or up to 1 year in the freezer.

16) A 300ml mug is handy for measuring uncooked rice.

1 adult portion = 1/4 mug or 75ml

17) Scales

18) Cooking & preparing too much

19) Soup & pies & bubble and squeak. Feeding excess to pets is not a good option on a regular basis. The argument is that unless you buy and cook extra food for your pet then this is still a waste (and it may not be beneficial to their health).

How well did you do?

Final Score: _____ **points**

10 or less: Thanks for taking the time to take this food

waste challenge – Check out the answers to see where you might be able to save yourself money and reduce food waste. Have a look at the Love Food Hate Waste website for more ideas and tips.

11 – 17:

Thanks that is a good score – Check out the love food hate waste website for more great money saving tips.

18 – 24:

Well done that is a very good score Have a look at the Love Food Hate Waste website for more ideas and tips.

25 and over:

Congratulations that is an excellent score You are obviously very food savvy and in addition to saving yourself a good deal of money you are reducing the amount of food your household throws away.

For Further Information

www.lovefoodhatewaste.co.uk There is an excellent website with lots of guidance and information about reducing food waste. There are recipes using leftovers; menu planners; determining portion sizes and numerous other helpful tips.

www.wrap.org.uk The website for WRAP itself.

***WRAP** (Waste & Resources Action Programme), is a national organisation that works with householders and businesses both to prevent waste and maximise recycling.