



FOOD WASTE PREVENTION

Food waste is a real problem and is costing Irish householders €700 on average each year. This can be considerably higher in some cases. We must all play our part in reducing the quantity of food waste generated by being more aware of what we are putting in our bins. In Ireland over one million tonnes of food waste is disposed of each year. Around one third of this comes from households and means that, at home, each person is throwing out about 80kg of food waste each year.

FOOD WASTE

We all waste food for different reasons.

Sometimes it is because there has been a change of plans and it is out of our control but most of the time we waste the same types of food for the same 2 main reasons: we have bought or prepared too much, or we have forgotten to use it on time. Looking into why food gets wasted, the following are more specific reasons that have been identified:

- **Leftovers** – this is usually because too much food has been prepared or put on the plate
- **Passed its use by date** – applies mainly to dairy, meat and fish which wasn't used on time
- **Decaying food** – this applies to food that has gone off - when it smells bad, looks bad and tastes bad - but this food had a chance but was managed badly
- **Passed its best before date** – this usually impacts things like bread and other staples that waste away in the cupboard
- **Badly prepared** – never easy to say it but sometimes the food prepared just didn't taste great!

- **Change of plans** – this happens but if you can manage the food you were going to use quickly then it can still be part of your future!

Be aware and prevent food waste.

Individually we create about 80kgs of food waste annually. This may not sound like a lot on its own but when we add it up for all the people in Ireland it means that over 300,000 tonnes of food going to waste each year in our homes. While some of this food waste cannot be avoided the majority of it could be saved if we managed our food better. This would save us all some money!

- 60% is avoidable food waste and includes food like plate scrapings, leftovers, decaying fruit and vegetables, passed sellby date perishables etc. This is the main area where people can save money and usually just requires a bit more awareness of how best to manage their food.
- 20% is potentially avoidable food waste, things like bread crusts, potato skins, etc. These are food wastes that are often related to habits and, as with any habit, changing can be hard.

- 20% is unavoidable food waste and includes things like chicken bones, banana skins, peelings, etc.

Obviously there will always be some food waste but, by initially focusing on the first 2 types of food waste mentioned above, you could cut the food you waste and the money you spend on it, by anywhere up to 80%!

Your unavoidable waste such as fruit and vegetable peelings and skins can be composted. Additional information available from www.galway.ie

REMEMBER...

IT'S EASY TO MAKE A DIFFERENCE!

FURTHER INFORMATION IS AVAILABLE FROM: THE WASTE PREVENTION PROGRAMME

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