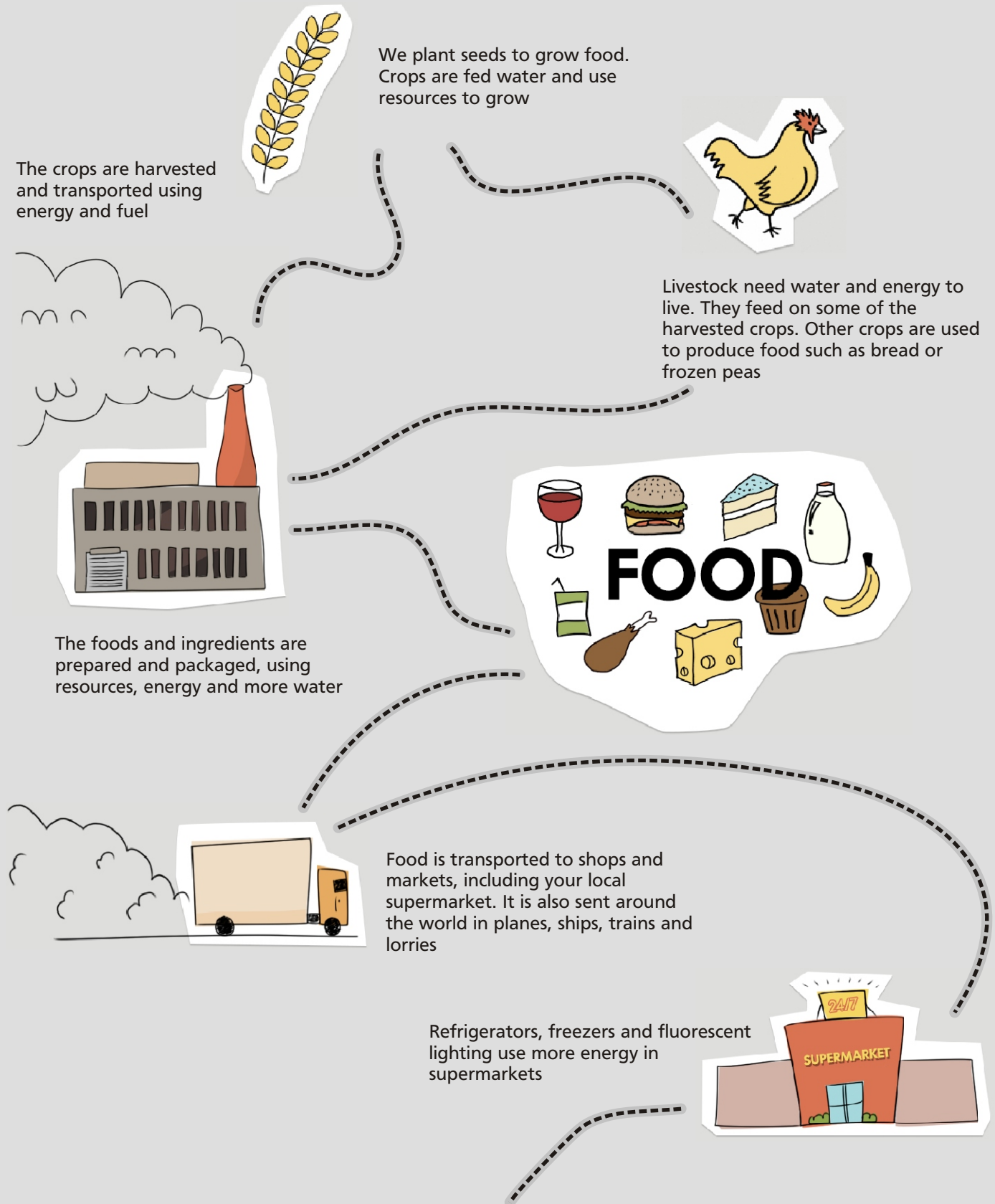
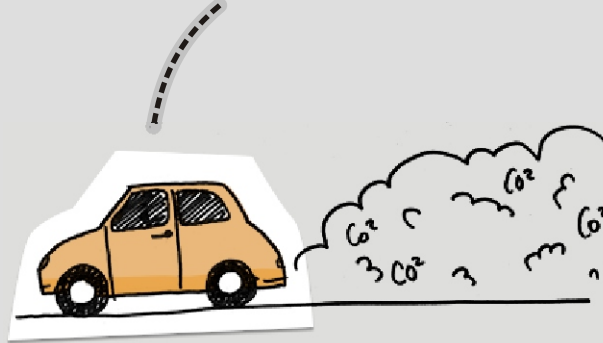


THE STORY OF FOOD

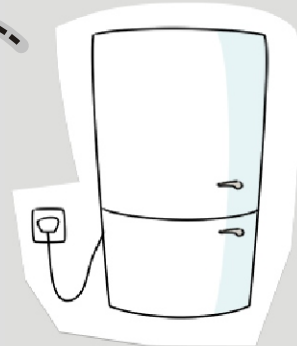
When you throw away food you are not just wasting the food, but also the resources such as energy, fuel, time and water that went into growing, harvesting, storing, transporting and cooking the food. Then it produces methane if buried in landfill sites.



We drive to the supermarket to buy our food and then drive home again



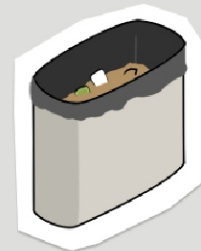
When we cook and prepare food to eat we use gas, electricity and water...



We store the food at home - this uses energy...



Then we wash dishes with hot water and cleaning products



Some food we buy, which we don't eat or freeze in time, goes off. We then throw it away

But what about...

THE FOODS WE HAVEN'T EATEN ?



Use them later
You can store them in the fridge or freezer to eat at a later time. Being eaten is always the best option for food



Recycle them
You can recycle them in your food waste collection if your council provides one. Good option, but uses resources to transport and treat it



Throw them away
They can be thrown away straight into the rubbish bin, where they end up in landfill producing harmful methane. This is the worst place for food to end up