
How to reduce food waste:

- cook not more food than you will need and food for a later meal should get frozen.
- the best before date is not always the time to throw away your food, sometimes it's still good.
- store your food correctly, example; milk in the fridge, potatoes in dry places... otherwise the food gets bad
- schedule your grocery list, do not buy things on stock, when you don't know if you will need it
- buy local food so you can reduce the shipping way and the Co2 emissions that get with it

Sometimes food gets thrown in away in the producing immediately because they do not meet the quality requirements.

So it's not just the consumer but because of the demand, companies will always produce more food.

What is food waste?

Food that is made for us to eat that gets thrown away because of different circumstances.

- expired products
- unused by- products like offals
- too large portions
- leftovers
- sorted out, misshaped fruits,...

Due to the producing, packaging, shipping and processing of food, 30% of the worldwide CO2 emissions is included.

1,3 billion tons of food gets thrown away every year.

That means for every person 95- 115 kilogram food is thrown away every year



FOOD WASTE

