



"For our part, as a family, we try our best to limit our food waste, but we all know there is more we can do. A couple of things that we do are...

✓ **Use up teas** (once a week we eat leftovers from previous meals so that we don't throw away good food, we all have a bit of something different or mix and match a bit of whatever is left).

✓ **We take 'sell by' and 'use by' dates as a sort of rough guide** rather than a deadline.

Mum looks at it and makes a judgement whether it is ok, 9 times out of 10 the food is perfectly fine even if it's technically "out of date".

Once she gave us cream that she later realised was a month out of date, it hadn't been opened and was fine, and whilst I'm not suggesting anyone should do that, it did at least prove that there was nothing wrong with it. She did wait until several days later before telling us, just to make sure no-one was poorly!

✓ **And a recent article in the Guardian agrees**, urging us to sniff and taste before we bin. To read the article, click [here](#).

But to improve our food waste even more, we are going to aim to:

- ✓ **Take control of the fridge**, keeping it organised and tidy so that we don't forget the stuff at the back.
- ✓ **Plan our meals and stick to it** – we tend to make a food plan and then by mid-week it has all gone out of the window and we make it up as we go along. This will also make sure that we don't over buy.
- ✓ **Start using our freezer more**, freezing food that we cook so that if we don't want to eat it in the same week, we can eat it the next week, which will limit food waste and save us time when it gets a bit hectic.
- ✓ **And we are actually going to check the cupboards** before we shop so that we don't buy things that we don't need or have already got!"

from Abi

- 🍎 The UK's first ever **Food Waste Action Week** runs March 1st to 7th. It aims to demonstrate the impact of food waste on people, business, and the planet.

Find out more [here](#).

- 🍏 The idea is to confront the problem and help us all reduce our food waste by sharing ideas, knowledge, and practical advice.

Have any tips?

Share them by sending them to fownhopevoices@gmail.com

