

# Food and Climate Change

## *Reducing Food Waste Toolkit*




# Reducing Food Waste

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## The aim of this Toolkit is to:

- ★ Encourage you to think about whether you could find ways of reducing or promoting reducing food waste.
- ★ Explain the importance of reducing food waste in relation to reducing our carbon footprints and combating climate change.
- ★ Share links  to useful information/organisations.
- ★ Give a brief overview of how to start reducing food waste.

# What is food waste?

**Any food and drink or part of an edible item that isn't eaten.**

**Food Loss** occurs earlier in our food system, in production, processing and distribution.

**Food Waste** happens with the retailer, in hospitality and in our homes. [WRAP](#) defines it as:

## Unavoidable



eg. Meat and fish bones,  
cores and some peels,  
teabags, eggshells

Waste that under normal  
conditions isn't intended for  
human consumption.

## Possibly Avoidable

e.g. potato skins, bread  
crusts

Waste that could be eaten  
depending on personal  
preference



## Avoidable

Food that definitely could be  
eaten. Food that's spoiled e.g.  
past its use by date/rotten.  
Plate waste - food that's been  
served but not eaten

# How much food is wasted?



## Globally

**25–30%**

of total food produced is lost or wasted, In a world where [hunger and food insecurity](#) is on the increase this is also a social injustice issue.



## In the UK

**70%** of all edible food waste (post farm) in the UK comes from our households, weighing **4.7 million tonnes**

<https://www.circularonline.co.uk/news/wrap-calls-for-urgent-action-to-tackle-household-food-waste/>



## In Hampshire

About **1/3** of what residents throw away in their black bag is food waste,

Nearly **130,000** tonnes,

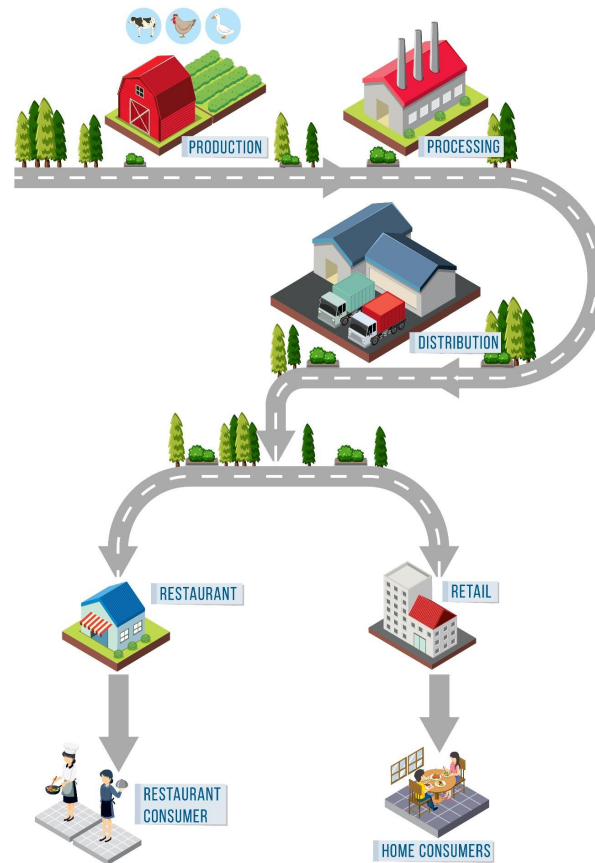
approximately **3kg** per household per week

# Why is reducing food waste important?

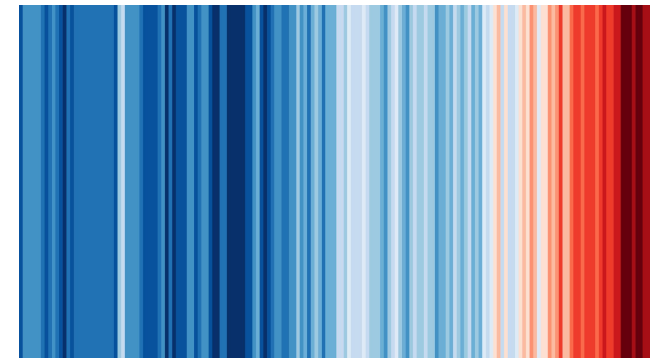
## Food & climate change are connected

**How we source our food and what we eat is one of the most effective ways in which we can all reduce our impact on the planet.**

Food crops are sown, grown, watered, fertilised, harvested and animals are reared and fed. Then they are processed, packaged, transported and stored. It's estimated that [between 25-30% of global greenhouse gas emissions come from the food system](#).



[How much warmer is our climate?](#)



Global climate warming: 1850-2022

# Why is reducing food waste important?


## Wasting food wastes other resources

**Our food production chain is resource intensive and greenhouse gases are produced at every stage.**



# Why is reducing food waste important?

## How food waste affects our planet

 Food waste is responsible for

**8-10%**

of global greenhouse gas (GHG) emissions.

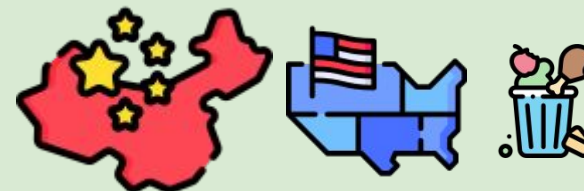


More than the global aviation industry!

The greenhouse gas emissions associated with wasted food and drink in the UK is approximately

**18 million tonnes**  
According to WRAP

If food waste were a country, it would be the world's third largest emitter of greenhouse gases after China and the USA.



What does a tonne of CO<sup>2</sup> look like?  
**Enough to fill a 500m<sup>3</sup> hot air balloon!**

 <https://www.youtube.com/watch?v=DtqSlplGXOA>



# Why is reducing food waste important?

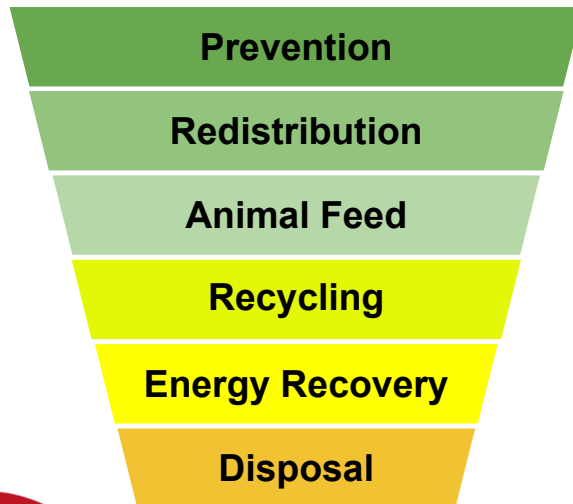
## Disposing of food waste

### Preventing food waste is a much better alternative



With each stage of our food production system creating greenhouse gases, preventing it from occurring in the first place is the most effective way of way of reducing the impact of food waste.

#### Consider the Food Waste Hierarchy



Although food waste in Hampshire doesn't go to landfill, food waste that's incorrectly disposed of or sent to landfill creates an environmental problem. As it rots, as well as emitting CO<sub>2</sub> it also produces **methane**, another greenhouse gas.



#### What's the deal with methane?

*"Due to its structure, methane traps more heat in the atmosphere per molecule than carbon dioxide (CO<sub>2</sub>), making it 80 times more harmful than CO<sub>2</sub> for 20 years after it is released."*





# Why is reducing food waste important?

## Disposing of food waste

Disposing of food waste is expensive for governments, councils and ultimately tax payers.



### What happens to food waste in Winchester?

Winchester City Council collects waste from our kerbside bins. Hampshire County Council are responsible for disposing of it. At the moment there is no food waste collection service available in Winchester. Any food waste that goes in our domestic waste bin is diverted from landfill and is sent to an energy recovery facility. These facilities incinerate the waste to generate electricity which is fed to the National Grid.

[!\[\]\(e3f8612927870f2e0f9f5989e6dd3064\_img.jpg\) Hampshire County Council's Waste and Recycling Information](#)

### [Food waste - how is it recycled?](#)



Composting is the most environmentally friendly solution to disposing of food waste.



Anaerobic Digestion/Incineration

### [What can happen to food waste elsewhere?](#)

# How else can reducing food waste benefit us?

## Other Benefits

**Encouraging, communities and individuals to reduce food waste:**



### **Has a positive environmental impact**

eg. reducing land and water use and deforestation, improving the health of the seas, and protecting endangered species.



### **Saves money**

On average, food waste now costs a four-person household around **£1,000** per year in food bought, but not eaten.



### **Get conversations and action started about reducing waste in other areas too.**



### **Planning meals can lead to healthier eating.**

# What can we do to reduce food waste?

## Tips to get started

### Plan



- [Create a meal plan](#)
- Check the fridge/freezer/cupboards before shopping
- Plan a meal using fridge leftovers - have an 'at home picnic'?

### Buy only what you need

- [Make a list](#) and stick to it.
- Buy loose items when you can. You'll also be reducing packaging waste.
- Multibuy offers are only a bargain if it all gets eaten.
- Local zero waste shops are great for buying only what you need.



### Understand food labelling



- Know the difference between [best before and use by dates](#)
- [How do i make sense of food date labels?](#)

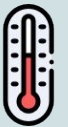
### Pick wonky food

A quick internet search for wonky food will bring up lots of delivery options and supermarkets who are embracing less than perfect but still tasty options.



### Store correctly

- Check [fridge](#) and freezer temperatures
- Have a 'use it first' shelf or box.



Know your [portions](#)  
[Love Food Hate Waste's Portion Calculator](#)



# What can we do to reduce food waste?



## CompleAT

Eat the whole food e.g. many peels are edible and nutritious. Bread crusts can be frozen and made into breadcrumbs.

## Measure food waste,

Keeping a food waste diary for a week highlights any areas of waste that could be improved on.



## Love your leftovers

Freeze or use to create another meal.



## Utilise your food waste

Compost unavoidable food waste



## Share surplus food

- With friends and neighbours
- [Olio](#) is a well known sharing app.
- [Check if there's a community fridge near you](#) or set one up.

**Support businesses and organisations who are actively trying to reduce food waste**



# Parish Councils & Community Groups

## A Parish Council can create impactful change by:

### Reducing food waste

- Lead by example in Parish Council organised events.
- Champion the importance of reducing food waste in the local community, businesses and organisations.
- Assist with funding and grant applications for community food waste reduction projects

### Broader initiatives

- Create a parish climate and nature strategy?
- Declare a Climate Emergency?  
[!\[\]\(8c4dca64662d21542001ca0ed7eeb688\_img.jpg\) National Association of Local Councils - Climate Change](#)
- Sign up to the Planet Pledge  
[!\[\]\(3de35c640e7147a3fb61ee393128d2ae\_img.jpg\) Take the Planet Pledge](#)

### Further Information:

- [!\[\]\(223f1a84e0bc2cacb9c165f716817dcc\_img.jpg\) National Association of Local Councils - Climate Change](#)
- [!\[\]\(c437123967ec19fa50ef7951237304ba\_img.jpg\) Every Mouthful Counts toolkit for Local Authorities | Food for the Planet](#)
- [!\[\]\(5325e9c836a444f145b8307dfcd1cfab\_img.jpg\) https://www.glasgowdeclaration.org/](https://www.glasgowdeclaration.org/)

Find support for taking action against climate change in your parish,

## Join WeCAN

- [!\[\]\(5950fde355bafc747b20583b30242b59\_img.jpg\) Winchester Climate Action Network](#)  
– a network of local communities taking action on the climate

### Become a

[!\[\]\(bd3b31712ad9bab5a241210fa6925cdd\_img.jpg\) Community Waste Prevention Champion](#)

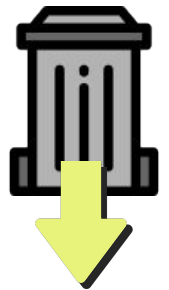
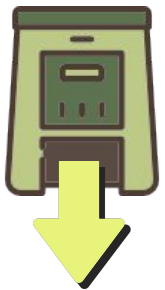
Find out more about waste prevention, learn how waste is disposed of in Hampshire and borrow event resources.

# What's Next?

## Hopefully bins are emptier!



- Redo a food waste diary and celebrate the reductions made.
  - Publicise and talk about reducing food waste
  - Take part in [Food Waste Action Week](#)
  - Start or volunteer to help with community projects to share surplus food  
E.g. a food pantry, community fridge
  - Set up or volunteer with a community composting scheme
  - Grow our own salad, fruit and vegetables
- See our [Community Food Growing Toolkit](#) on the Good Food page of our website



# Want to learn more?

## Useful links

- [!\[\]\(36f8637baaa56c4be44b454435949289\_img.jpg\) Project Drawdown - Unit 3 Reducing Sources](#)
- [!\[\]\(b556e0ef1e10ccfc32976edb6416074f\_img.jpg\) Love Food Hate Waste](#)
- [!\[\]\(cf1529ba638f0498d7e334e7a79dd058\_img.jpg\) World Resources Institute Reducing Food Loss and Food Waste](#)
- [!\[\]\(2c071b2b285393c82ac6838d54fa5656\_img.jpg\) Zero Waste Chef](#)
- [!\[\]\(bda2070c29c668b13a0cf5b37bc9c21e\_img.jpg\) https://www.wfp.org/stories/5-facts-about-food-waste-and-hunger](https://www.wfp.org/stories/5-facts-about-food-waste-and-hunger)
- [!\[\]\(4dc7f5c797d7cb1aa70e6a60bb01318c\_img.jpg\) https://www.weforum.org/agenda/2023/03/food-waste-makes-up-half-of-global-food-system-emissions/](https://www.weforum.org/agenda/2023/03/food-waste-makes-up-half-of-global-food-system-emissions/)
- [!\[\]\(8c14435c4129a2a291714ff8aa0140d6\_img.jpg\) WRAP - Food Surplus and Waste UK Key Facts](#)
- [!\[\]\(aa22af288cc0ca0644b1717d2002bd9a\_img.jpg\) WRAP - Action on Food Waste](#)



- [!\[\]\(9dc885fa0d6d341860a6e69645e59475\_img.jpg\) Real Bread Campaign's No Loaf Lost](#)
- [!\[\]\(5d2b0686f24c91a69ec6f054f466d184\_img.jpg\) Hampshire County Council Smart Living](#)
- [!\[\]\(ef97c4cf774c94401d40a852a635219b\_img.jpg\) Hampshire Kitchen Heroes](#)

## Book List

(Check out [Hampshire Libraries](#))

- River Cottage: Love your Leftovers - Hugh Fearnley- Whittingstall
- 2040 A Handbook for the Regeneration - Damon Gameau
- No-Waste Kitchen Gardening - Katie Elzer-Peters
- One Pot, Pan, Planet - Anna Jones
- My Zero Waste Kitchen - Kate Turner
- Less Waste, No Fuss Kitchen - Lindsay Miles





# This is the first edition of our Reducing Food Waste Toolkit.



We'd love to hear your feedback.

Please email [gfm@winchesterfoodpartnership.org.uk](mailto:gfm@winchesterfoodpartnership.org.uk)

**Let's keep learning, sharing our knowledge and reducing food waste!**

Coming soon - toolkits on, sharing surplus food and community composting



**Our Good Food Movement aims to emphasise the contribution that food choices make to our environmental footprint.**

It is part of the [Winchester Climate Action Network \(WeCAN\)](#) which is a WinACC project looking to engage Parish Councils and community groups.



Winchester Food Partnership takes no responsibility for the content in the external web pages included in this toolkit. The appearance of an organisation in this toolkit does not imply that they have endorsed the entire toolkit and we acknowledge there are many organisations with expertise in this area.

