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Our world, your home - Fight food waste and eat sustainably

Your guide to greener, cleaner and cheaper habits.

Introduction

Welcome to the third of our six mini guides. This time we look at reducing food waste, from meal planning to picking up wonky veg. All tips in this guide cost a small amount or nothing at all and can help save money, energy, water and the planet.



How to fight food waste and eat sustainably

Everything has a carbon footprint, including the food we eat to fuel our busy lives. Unfortunately, mountains of food are thrown away every week, which contributes to greenhouse gas emissions, natural resource use and higher food bills.

There are lots of easy ways to reduce food waste and food bills that don't cost the earth (and might help save it!).



Love food, hate food waste



Batch cooking - use your weekends or free time to batch cook some staple recipes and fill your freezer. BBC Good Food is great for [batch cooking recipes](#)!



Plan ahead - planning can make the difference between a wasteful week and waste free week. Find out what everyone likes and plan around this so you can buy just what you need. Choosing seasonal and local foods also helps reduce costs and helps the planet.



Love your leftovers - if you do cook too much, make use of leftovers. This doesn't just mean reheating - there's plenty of ways to give them a new spin. Check out recipe ideas at www.lovefoodhatewaste.com/recipes



Wonky veg - look out for 'wonky' veg boxes in the supermarket or online to help reduce food waste - the veggies are still perfectly good for cooking and eating, they're just not as pretty as their main shelf counterparts! They also cost a lot less.



Reduce packaging - cooking from scratch and buying ingredients loose from greengrocers or big supermarkets can avoid wasteful packaging. Reusable lunchboxes and coffee cups also cut waste and many coffee shops give a discount if you take your own cup.



Composting - Compost food waste if you can to reduce landfill waste and give you free fertiliser for your garden.



Get the apps - lots of apps can help to fight food waste. [Too Good To Go](#) and [Karma](#) offer cut-price food left over from cafes and restaurants and [Olio](#) helps to connect neighbours with local retailers to share surplus food. You can recycle kitchen scraps and find neighbours with a compost bin with sharewaste.com.



Eat sustainably

Food production contributes to around a quarter of global greenhouse gas emissions and is responsible for almost 60% of global biodiversity loss. Reducing our meat, fish and dairy intake is one of the most effective ways to reduce our impact on the environment.



- You don't have to go all-out vegan or vegetarian but adding plant-based recipes to your meal plan is a great way to reduce your carbon footprint and keep things exciting in the kitchen. BBG Good Food has loads of [vegan](#) and [vegetarian](#) recipes, as do the supermarket websites!
- You could also try [Meat Free Monday](#) or incorporating dairy-free alternatives into your diet.

Shop local

Shopping locally and eating seasonally is great for the planet. It means food doesn't have as far to travel to our plates, which helps to reduce our carbon footprint.



- Ask your local greengrocer for advice about shopping locally. You can also get local fresh fruit and veggies from community allotments or community larders.
- Community larders aren't the same as food banks, as you don't need a referral to access them. They are a great way to meet new people in a friendly environment and get food that would otherwise be wasted. You pay a weekly or monthly subscription to get both food and support. Everyone is welcome! To find out more about schemes near you, contact us, your local authority or local volunteering service.

Grow your own



- If you have garden space, you could try growing your own food. If not, why not approach those in your community that do, to see about growing food together. Even if you don't have a garden, you could still grow foods such as beetroot, radish and lettuce on your windowsill. Save the root base and stand it in water to [grow your own veg from scraps](#).

Ditch the plastic



- We use around 10 billion plastic bags a year in the UK. Most aren't recycled and each takes around 1,000 years to degrade. If badly disposed of they can harm wildlife. Re-using bags reduces landfill and litter and helps protect the oceans.



Additional information and support

Discover the comprehensive range of additional resources and support options available to help you navigate through the cost of living crisis.

Government support

Visit [Help for Households](#), the government scheme that offers information and support on the cost of living, energy and other household bills.

Talk to us or your local authority

Both Futures and your local authority can tell you about any financial support, additional benefits and government discount schemes to reduce your fuel bills. For more information on support related to cost of living, guidance of claiming appropriate benefits and money advice, visit our [Cost of living: you're not alone](#) page.

Our Tenancy Support team is here to support you, whatever your circumstances. Our friendly advisors can make sure you're getting all the support you're entitled to. Speak to our team on **0300 456 2531** or email enquiries@futureshg.co.uk.

Debt Advice

StepChange Debt Charity can offer free debt advice and budgeting support. Visit www.stepchange.org or call **0800 138 1111** for the debt advice helpline.

National Debtline also offer free debt advice and support, plus information for dealing with high gas and electricity bills. Visit www.nationaldebtline.org or call a **0808 808 4000**.





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