

What a waste!



We already recycle over 40% of our waste in Mid Sussex, but around 1/3 of what is left is food.

Most of this is, or once was, perfectly good food.



Throwing away good food is a terrible waste. In the UK we throw away about one third of all the food we buy. That's one shopping bag out of every three!

The main reasons for this are because

- 🍌 Too much was prepared
- 🍌 We forgot to chill or freeze food
- 🍌 We forgot what was in the cupboard and missed its 'Use-by' date

Some food waste is made up of things like peelings, cores and bones, but the majority is, or once was, perfectly good food. If we planned, stored and managed our food better, we could reduce our food waste and save ourselves money.

On average UK households spend £420 a year on food that they then throw away. Add to this the cost for Local Authorities to send this waste to landfill and the financial cost is high.

Food waste sent to landfill generates methane, a greenhouse gas far more powerful than carbon dioxide, that accelerates the problem of global warming. Eliminating this waste would have the same impact on carbon emissions as taking 1 in 5 cars off UK roads.

Home Composting

Home composting is a great way to prevent unavoidable food waste such as peelings, cores and teabags ending up in landfill, and can do wonders for the garden.

Green Cones & Green Johannes digest all kinds of food leftovers including things like cooked foods & chicken bones.

West Sussex County Council offer compost bins and food digesters at subsidised prices, please call 0845 077 0757 for details.



Date Labels Explained

Use-by

'Use by' dates are usually found on chilled products such as cooked meats, soft cheeses and dairy-based desserts. In terms of safety - never eat products after this date and observe storage instructions. Check if the food can be frozen if you need to eat it at a later date.

Best before

'Best before' dates are usually on longer shelf life foods such as frozen, tinned or dried goods and refer to quality rather than safety. It should be safe to eat food after the 'best before' date, but food may no longer be at its best.

There are lots of ways to reduce food waste

Here are some tips to get you started

- 🍅 Most fruit and veg can be kept in the fridge to make it last longer (however, bananas last longer if not stored in the fridge).
- 🧀 Grate cheese in small portions and freeze - take it out in the morning to make lunchtime sandwiches, no need to defrost.
- 🍷 If you are tempted by 'buy one get one free' offers, be sure you can use everything, or alternatively freeze a portion.



- 🍅 To freeze ripe tomatoes, remove their stalks and freeze whole in freezer bags. They can then be used in place of canned tomatoes – add them to the pan at the point when you would add the canned tomatoes. No need to defrost them separately as they fall apart.
- 🍷 Try planning your meals for the week ahead and buy what you need.
- 🍷 Buying fresh fruit & veg twice a week rather than bulk buying will mean you throw less away, eat fresher goods and probably save money too.



Storage of Food Waste

Once in your landfill bin, food waste will start to rot and may cause unpleasant odours. Reducing this waste will not only save you money and slim your bin but also make your landfill waste less offensive.

Inevitably there will be some food waste that goes into your bin; if you follow our tips below it will help with the hygienic storage of your waste.

Tips for hygienic storage of waste

- Ensure food waste is not left exposed before disposal.
- Waste items such as cooked food and disposable nappies should be double wrapped before being put in the bin. Bag it before you bin it!
- Rinse out food containers.
- Reduce the moisture content in your waste as much as possible.
- Ensure containers holding kitchen waste are kept closed.
- Ensure your bin lid is always closed.
- Where possible try to avoid storing your bin in direct sunlight.
- Occasionally rinse out your bin, with disinfectant if necessary.



By working as a partnership, West Sussex local authorities aim to reduce landfill by being leaders in waste prevention and recycling and by using rubbish as a resource.

**For further information please look at our website
www.midsussex.gov.uk/refuse&recycling
Email wastematters@midsussex.gov.uk
Telephone 01444 477440**