



# Slow Food Facts

'Don't waste it'



## Love Food, not Waste

It's shocking to think that millions of people are going to bed hungry every night, yet others throw perfectly good food away. And it's not just a little bit: every year, roughly one third of the food produced in the world for human consumption every year gets lost or wasted - that's approximately 1.3 billion tons of food. Furthermore, we waste the soil, water, energy and all the resources used to produce, package, store and transport all this food.

## So why is food wasted?

Well, if we look at our own behaviours, there are numerous reasons why we waste food:

- we cook too much and/or we're not sure how to use leftovers
- we mistakenly throw food out before the use-by/best before date
- we don't check the cupboard or fridge before we go shopping, and we buy too much because either we don't stick to a shopping list or because we shop when we're hungry
- we buy takeaways at the last minute instead of cooking the food we have at home.

But listen to this: **did you know that an estimated 20-40% of fruit and vegetables are rejected** even before they reach the shops, mostly because they don't meet supermarkets' (and consumers') high cosmetic standards? And then of course food waste occurs in the supply chain because of things like transport issues, restaurants/catering, and (too) strict food safety regulations.

## What you can do

1. Shop smart. Be realistic about how much you really need. Try and resist the temptation of 'impulse buying'. All sounds simple, but these are the most important things you can do to reduce food waste.
2. When you cook, don't overdo it, and save - and actually eat (or share) the leftovers.
3. Store food in the right places and in the right manner and avoid clutter in your fridge or pantry.
4. When you shop, give the 'ugly ones' a chance. They'll taste just as good as the pretty ones! Also, look for the 'almost due' veggies (this saves money too as often they're discounted).
5. Don't just go by 'best before' date, trust your nose/taste as well (but make sure its safe).

For more information visit our website ([www.slowfoodaustralia.com.au](http://www.slowfoodaustralia.com.au)) or Facebook page (@SlowFoodAustralia) or get in touch with your nearest Slow Food community.

In Australia **we throw out 20% of the food we buy, that's one in every five shopping bags**, equating to every household throwing out \$1,036 worth of groceries each year.



Australia produces **enough food to feed approx. 60 million people, yet two million people still rely on food relief every year** and nearly 90% of food relief agencies report not having enough food to meet total demand.



It is estimated that **a third of the entire global food production is either wasted or lost**, meaning that all resources used in the production of that food (like water, energy packaging) are also lost.