



## NEW ZEALAND'S FOOD WASTE PROBLEM

Globally the UN Environmental Programme estimates that one-third of the food produced for human consumption is wasted.

New Zealand households throw away **122,547 tonnes** of food annually, enough to feed 262,917 people or the population of Dunedin for two years.

That costs **\$872 million** a year.

For Kiwi families, that is the equivalent of three shopping trolleys of edible food going to landfill each year. For the average household that is at least **\$560** worth of food going to waste and for some it's over \$1,000 per year.

Eliminating this food waste would have the same effect as reducing CO<sup>2</sup> equivalent emissions by **325,975 tonnes** – that's like planting **130,390** trees or taking **118,107** cars off the road for a year.

## NZ'S TOP 10 MOST WASTED FOODS

- 1 Bread\*
- 2 Leftovers
- 3 Potatoes
- 4 Apples
- 5 Chicken
- 6 Bananas
- 7 Lettuce
- 8 Oranges
- 9 Pumpkin
- 10 Carrots

\*20 million loaves are thrown away each year

## WHAT IS LOVE FOOD HATE WASTE?

**Love Food Hate Waste is a three-year campaign to help Kiwis reduce the amount of food they waste.**

It is being run by 59 councils across the country in conjunction with the Waste Management Institute New Zealand (WasteMINZ) and Wanaka Wastebusters.

### VISIT THE LOVE FOOD HATE WASTE WEBSITE FOR:

**Facts** about food waste in New Zealand

**Tips** for reducing food waste

**Guides** on planning, portioning and storage

**Recipes** using commonly wasted ingredients

**Profiles** of people working to reduce food waste in New Zealand

A **calendar** of events such as cooking classes, workshops, expos and food rescue events

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

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For more information email

[info@lovefoodhatewaste.co.nz](mailto:info@lovefoodhatewaste.co.nz)





## DO YOU LOVE COOKING AND CREATING RECIPES?

**As a food champion, you have the ability to influence the way people cook and eat, which can determine how much food goes to waste.**

For example, 59 tonnes of leeks end up in the rubbish bin every year because people have been taught to only use the white part of the leek. 2,541 tonnes of broccoli stalks are also wasted because people don't know they are edible.

Here are some things you can do to help people waste less food:

**Promote root-to-stalk eating** and encourage people to use all of the vegetable. Consider if it is really necessary to peel potatoes, apples etc.

Pass onto the younger generation your cooking skills and **teach them your favourite recipes**.

Give people **advice on how to store their leftovers**. How long will your dish last for in the fridge? Is it freezable? Will it taste better the next day?

**Give suggestions on how leftovers** could be used e.g. made into a pie or used in a pasta.

**Share your tips** on what you do to waste less food.

## HOW YOU CAN REDUCE FOOD WASTE

### AT HOME:

Store your bread in the fridge or freezer

Keep bananas separate from other fruit and freeze them if they are getting too ripe

Plan your meals and shop with a list

Keep one night free per week to zero down your fridge and eat leftovers and what needs using up

Create an "eat me first" shelf in your fridge

### SET AN EXAMPLE:

Tell other people about it #lovefoodhatewaste

Share your food waste tips or recipes with us to go on the Love Food Hate Waste website

Offer excess food you're not going to eat to your friends and neighbours

Attend or participate in a Love Food Hate Waste event

Volunteer with your local food rescue group

Host an event or run a Love Food Hate Waste day at your workplace

Show leadership and champion the cause

