



LOVE FOOD hate waste



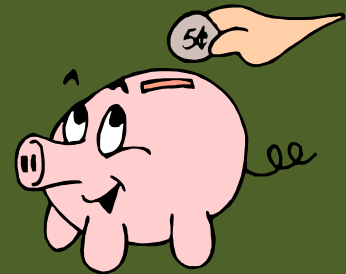
Food waste is a major issue. We throw away 7.2 million tonnes of food and drink from our homes every year, costing us £12bn - most of this food could have been eaten. It's bad for our pockets and it's bad for the environment.

The **LOVE FOOD hate waste** website - <http://england.lovefoodhatewaste.com/> - has lots of tips and ideas about how to save money and waste less food. Many of us buy too much food so don't eat it all before it has gone off and even if we don't buy too much, we often cook more than we need for a particular meal and end up throwing the left-overs away.

The website has articles and videos and includes sections such as:

Save Time and Money

- Love your fridge
- Making the most of your freezer
- Hints & tips to make the most of the food we buy
- 5-sure-fire-ways-to-save-money-on-your-food-bills
<http://england.lovefoodhatewaste.com/content/5-sure-fire-ways-save-money-your-food-bills>



Portions and planning

- plan what you're going to eat (including a Meal Planner in the "what's new" section)
- make a shopping list (and stick to it)
- Storage
- understanding "use by" dates
- understanding the best way to store different sorts of food

Recipes

This is a brilliant section which allows you to select the food that you want to use and will then give you recipes using it as an ingredient.

