

# STOP FOOD WASTE DAY 2025



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Let's unite to raise awareness of this global crisis and make small but significant changes in how we care for our food.





# WHY STOP FOOD WASTE?

**33% of all food produced...**

is wasted every year. That translates to almost £0.9 trillion worth of food annually.



## The scale of global food waste is staggering

### Data sources:

[FAO](#); [IPS News](#); [BSG](#); [United Nations](#); [World Economic Forum](#); [Ozharvest](#)

# WHY STOP FOOD WASTE?

**If food waste were a country...**

it would be the third largest greenhouse gas emission producing country in the world.



## The scale of global food waste is staggering

**Data sources:**

[FAO](#); [IPS News](#); [BSG](#); [United Nations](#); [World Economic Forum](#); [Ozharvest](#)

# WHY STOP FOOD WASTE?

**Almost 50%...**

of all fruits and vegetables produced is wasted every year globally which is equivalent to about 3.7 trillion apples.



## The scale of global food waste is staggering

**Data sources:**

[FAO](#); [IPS News](#); [BSG](#); [United Nations](#); [World Economic Forum](#); [Ozharvest](#)

# WHY STOP FOOD WASTE?

**If 25% of the food...**

currently lost or wasted were saved, it would be enough to feed 870 million hungry people..



## The scale of global food waste is staggering

**Data sources:**

[FAO](#); [IPS News](#); [BSG](#); [United Nations](#); [World Economic Forum](#); [Ozharvest](#)

# TIPS TO REDUCE FOOD WASTE



## MAKE A LIST

**A family of four loses over £1000 a year by wasting food.**

Plan ahead by making a list and only buying what you know you'll use.

# TIPS TO REDUCE FOOD WASTE



## LEARN THE ART OF FREEZING

Each of us throws away nearly 140 kg of food each year.

Get in the habit of freezing leftovers, bread, vegetables and fruit, instead of tossing them in the bin.



# TIPS TO REDUCE FOOD WASTE



## HELP SAVE WATER

Wasting a half a kilo of beef is equivalent to running the shower for 370 minutes.

The longer meat is left out at room temperature, the quicker it will spoil. Always shop for meat, poultry and seafood last and go directly home to put it away.

# TIPS TO REDUCE FOOD WASTE

How can you contribute to  
Stop Food Waste Day?

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## REVIVE YOUR VEGGIES

A quick soak in ice water for 5-10 minutes can revive wilted veggies.

Even if they can't be restored, some veggies you intended to eat raw in your salad can still shine in a cooked dish.

# TIPS TO REDUCE FOOD WASTE



## OVERCOOKED ISN'T OVER FOR GOOD

Overcooked vegetables can always be transformed into soups or sauces.

Just toss them in the blender with stock, milk, or cream. Vegetables like broccoli, carrots, cauliflower and potatoes are excellent for this.

# TIPS TO REDUCE FOOD WASTE

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LESS AIR MEANS LESS FREEZER  
BURN

This is what happens when food  
oxidises in the freezer.

You probably won't eat a whole  
loaf of bread at once, so slice it  
up and pop it in the freezer.

Always squeeze any excess air  
from plastic bags and  
containers, freezer burn is  
harmless but does affects taste.



# TIPS TO REDUCE FOOD WASTE

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## DON'T BE BANANAS

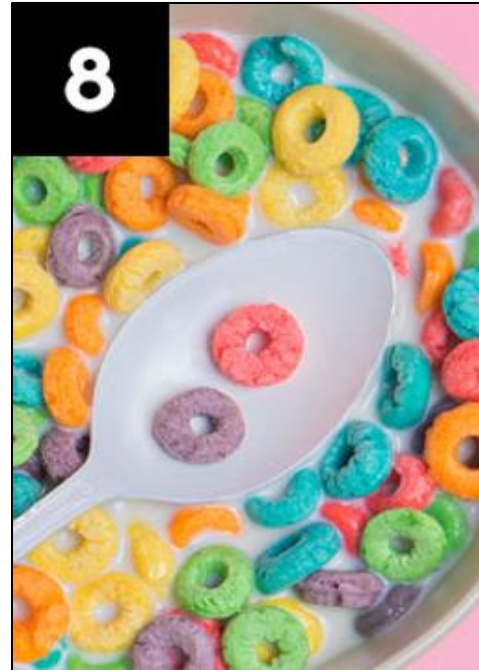
Browning or spotted bananas are perfectly fine to eat.

Bruised parts of bananas may be easily cut away or used.

Very brown bananas and frozen bananas are great for baking quick breads, muffins, or cakes.

# TIPS TO REDUCE FOOD WASTE

How can you contribute to  
Stop Food Waste Day?



**WASTE LESS WITH CHILDREN**  
Start with small portions and minimize untouched food.

We want our children to try new foods, but studies show many children have to try a food up to 15 times before accepting it. You can always offer seconds when they're interested.

# TIPS TO REDUCE FOOD WASTE



## USE IT UP

90% of us throw away food too soon.

Cook recipes that will use up the food that's about to go bad in your larder. Just because your lettuce is wilted doesn't mean it's time to toss it.

# TIPS TO REDUCE FOOD WASTE

How can you contribute to  
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**MAKE MEAL PLANNING SIMPLE**  
40% of food in the UK is wasted.

Avoid wasting food by seeing what needs to be used up before you go shopping. Think of a meal to make with those items, check your cupboards for the rest of the ingredients and add missing items to the shopping list





# RECIPES FROM AROUND THE WORLD

Use the QR code to  
access the online  
cookbook



*Digital Cookbook*

