

Food waste

Reception
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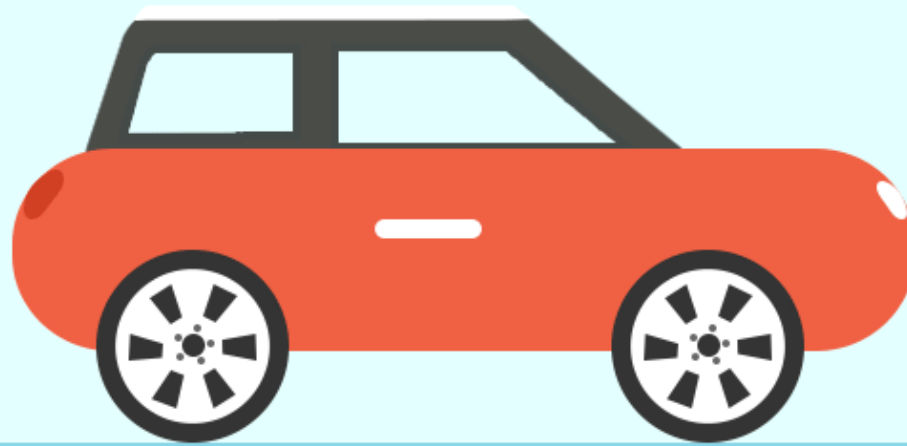
**What do
you see?**



Let's think about our planet!

What are the things doing
the most damage to our
planet?

Cars?



Airplanes?



A photograph of three tall, cylindrical industrial chimneys or smokestacks. They are positioned in the lower right corner of the frame, rising vertically. Each chimney has a metal lattice structure around its upper section. Thick, dark grey smoke is being emitted from the tops of the chimneys, drifting towards the left and filling the upper half of the image. The sky is a uniform, overcast grey. The overall tone is industrial and somewhat somber.

Smoke from chimney?



Well what about
food waste ?



Draw the type of foods you think goes to the food bin

In the box below:



Food can be delicious

Whether it is

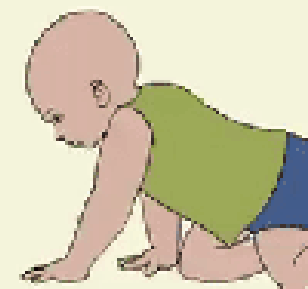
- a slice of pizza
- our favourite fruits or
- a dinner that most of us enjoy sitting down together to eat



It is also very important

We need food
to grow, live
and survive





Why not to waste food?



Everyone
throws a bit
of food away
here and
there, but
this really
adds up

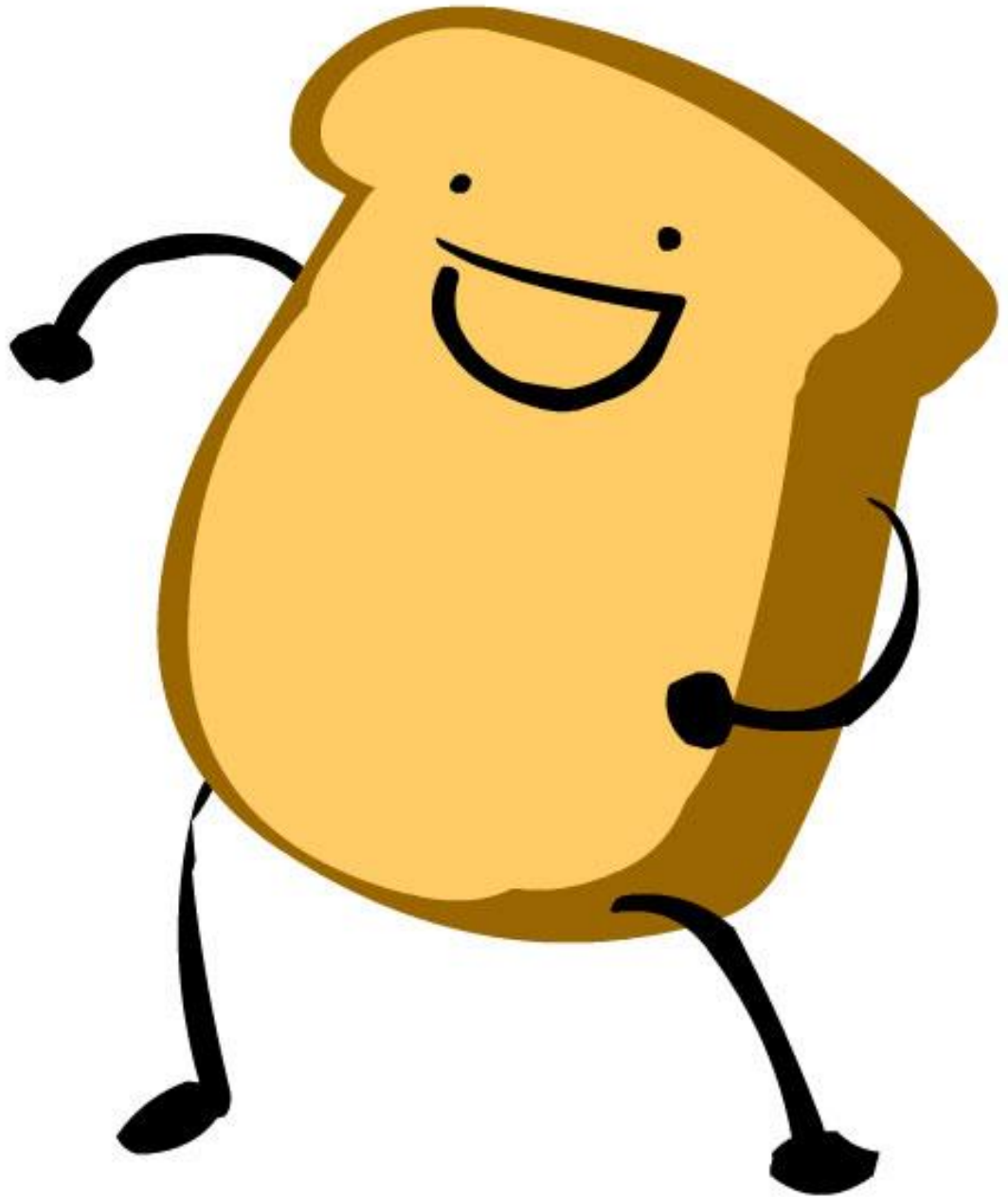


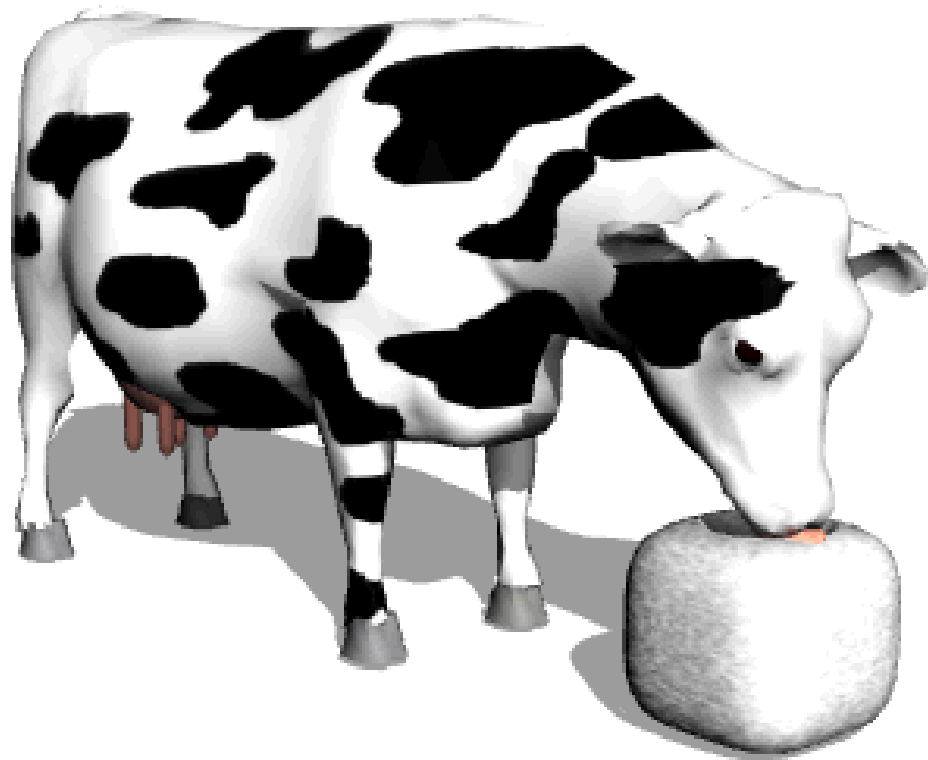
Did you know?

We waste



**20 MILLION SLICES
OF BREAD A DAY**





36,500 cows



3 MILLION GLASSES OF MILK A DAY

Around 3 million glasses of milk are chucked away in the UK each day. This means that, every year, 36,500 cows are producing milk that is going down the drain.⁴

**We can protect
our planet by
saving food**





£720 A YEAR SAVED

An average British family can save £720 a year if they stopped throwing their food in the bin.



Easy food saver tips





Making a few
small changes can
make a huge
difference



How can I cut food waste at home?

A photograph of a loaf of bread, possibly whole wheat, resting on a white cloth. In the background, there are wheat stalks and a blurred green and yellow background. The text "Love your leftovers" is overlaid in white.

Love your leftovers

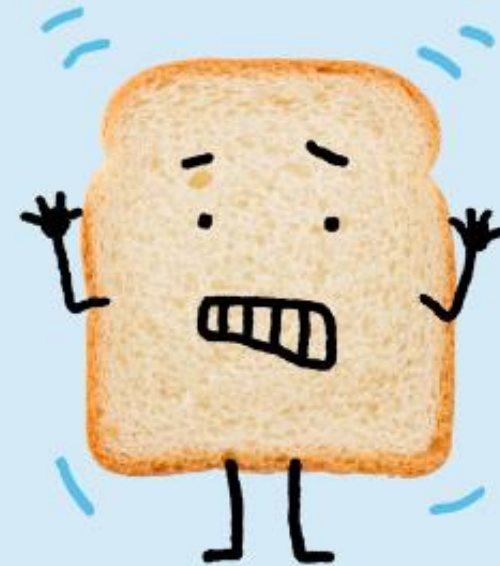
Don't let anything go to waste – use leftovers to create new meals.

**Eat your
leftovers**



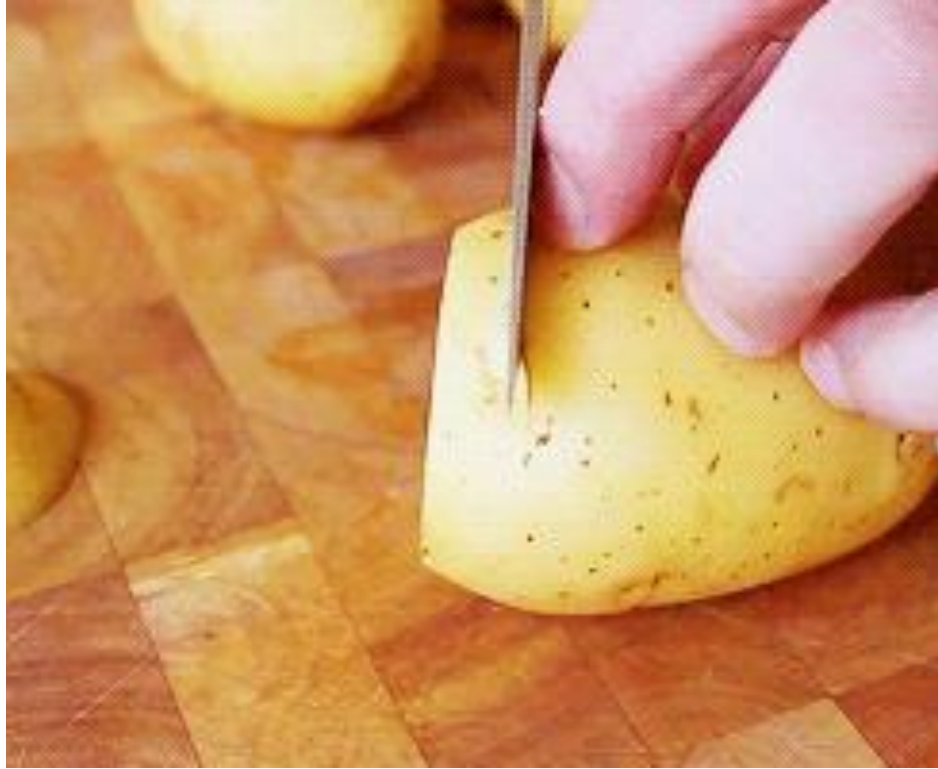
If in doubt, freeze your food

If you're not sure when you are going to eat something, freeze it, then it will be there when you need it.



HEY YOU! FREEZE!

Use your peels



- It is a waste of food, time, money, fibre and nutrients.
- You don't need to peel most of your produce, instead just wash your fruit and vegetables before eating them to remove any dirt.

Know your labels

If your packaging shows the **snowflake** symbol, then it needs to be kept frozen

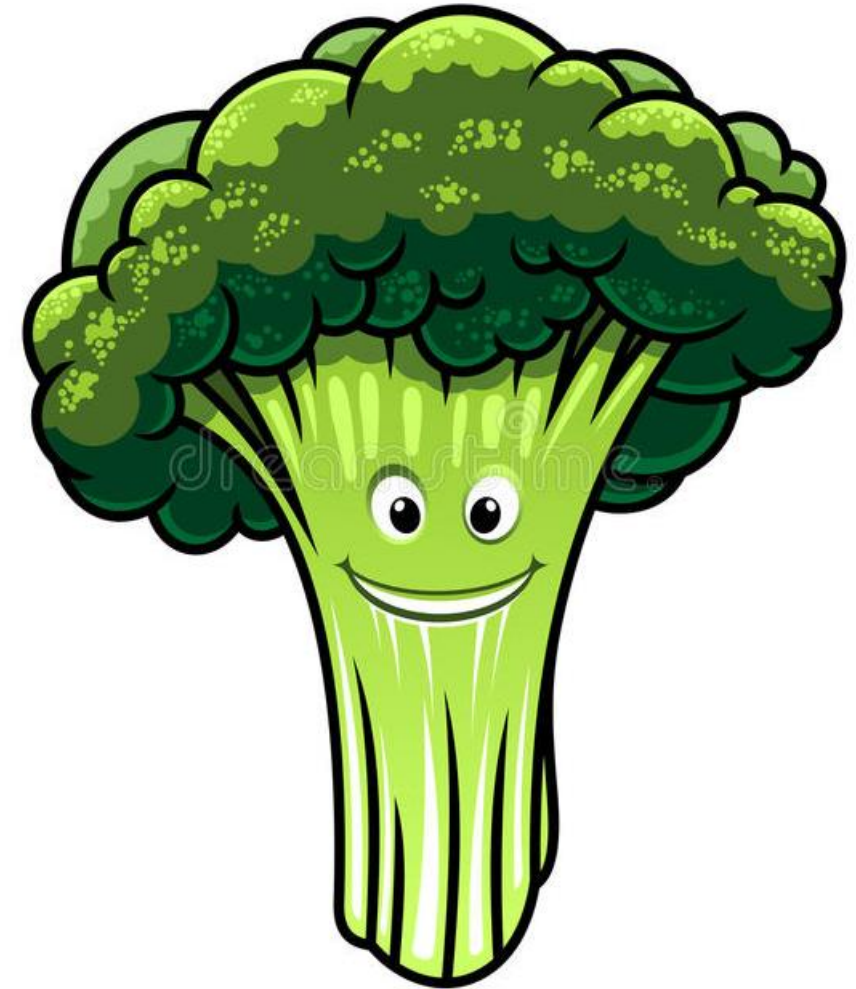


What is wonky veg?

The hilariously-shaped foods



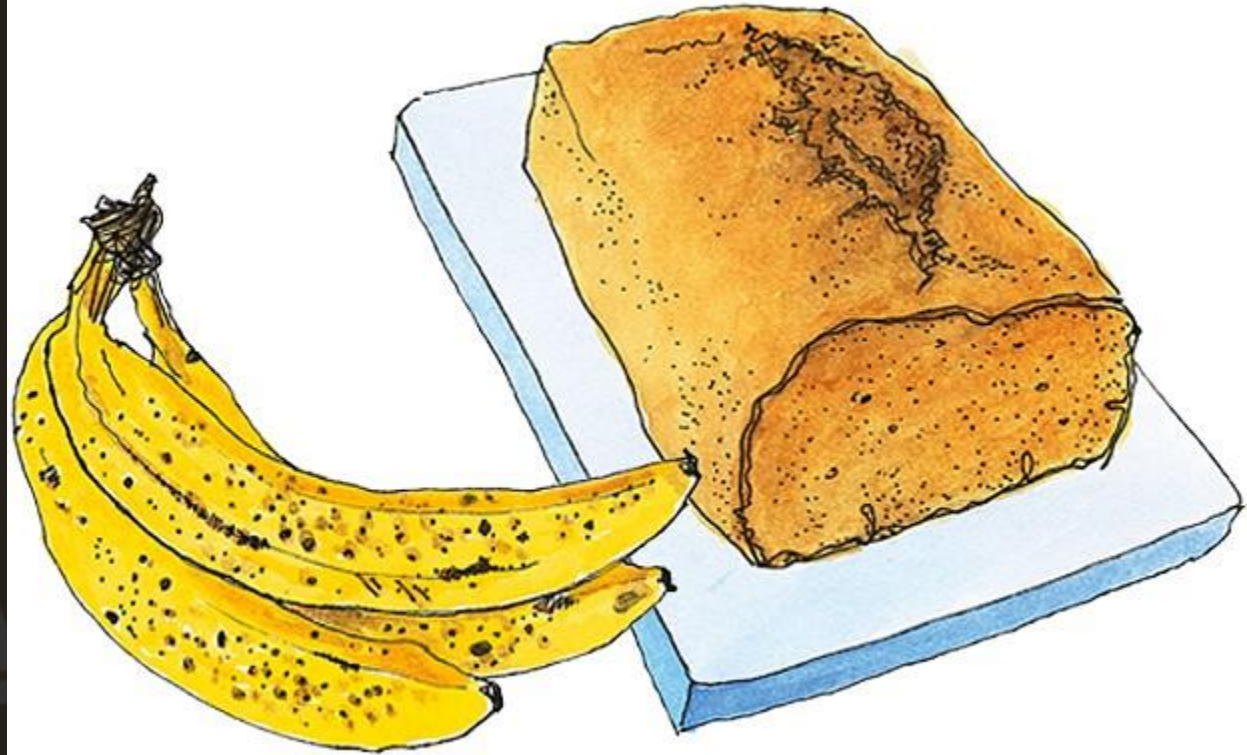
Do you eat the stalk of your broccoli?



**Your banana has gone brown,
what do you do?**



- ☐ Eat it
- ☐ Throw it out
- ☐ Put it in the compost
- ☐ Freeze it to use for baking or smoothies





REDUCE FOOD WASTE

- We are all responsible for reducing food waste.
- By making a few small changes, we can all make a difference.

Keep those good food habits going!



Story time



<https://www.youtube.com/watch?v=My-KFPmrwzM>



Thank You