



## 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 **157,389 tonnes** of food annually, enough to feed 337,744 people or the population of Dunedin for three years.

That costs **\$1.17 billion** 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 **\$664** 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 **409,234 tonnes** - that's like planting **163,694** trees or taking **150,453** cars off the road for a year.

## WHAT IS LOVE FOOD HATE WASTE?

**Love Food Hate Waste is an ongoing behaviour change campaign that commenced in 2016, to help Kiwis reduce the amount of food they waste.**

A collaborative effort involving 59 councils across the country in conjunction with the Waste Management Institute New Zealand (WasteMINZ) and Wanaka Wastebusters. In partnership with Countdown, New World, Healthy Families, University of Otago, Kate Meads, New Zealand Food Writers, community initiatives, and Chinese New Settlers Trust. These relationships led to many successes including reaching high food wasters, with audits showing that targeted households who have heard of Love Food Hate Waste have decreased their food waste to landfill by 27.1%.

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

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## NZ'S TOP 10 MOST WASTED FOODS

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

\*22 million loaves are thrown away each year





## WHAT THE FOOD INDUSTRY CAN DO TO HELP REDUCE FOOD WASTE

**As a chef, food writer or blogger, 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.

**Scale recipes to use all of a speciality ingredient.** If a container of sour cream is 250g, write the recipe to use the whole container, or provide a tip for what to do with the remainder of the ingredient.

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?

If you are using an exotic or speciality ingredient **include other recipes** or ideas on how it can be used.

**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

