

## Let's feed soils, not climate change

Did you know that 30% of global greenhouse gases come from producing our food? And if food waste were a country, it would have the third biggest carbon footprint after the USA and China? In fact, 70% of food waste (post farm gate) is generated from households, with the average family throwing away £700 of edible food every year.

In Huntingdonshire, this is not always disposed of in the best way. Approximately 4% of the residential recycling collections are rejected due to food waste. This would be enough to fill 6 refuse trucks a month. But more shockingly, 1/3 of the residential general waste collected comprises of food waste; enough to fill 70-75 refuse trucks a month.

Placing food waste in your grey refuse bin means this valuable resource goes to landfill. Due to the unnatural conditions, the food waste releases methane as it decomposes. Methane is a greenhouse gas and is 30 times more potent than carbon dioxide. The best way to avoid this is by reducing the food that is wasted; even some unavoidable food waste can be reduced by eating crusts, some vegetable stalks, and peels, or doing things such as making stocks.

However, some food waste is inevitable. The best way to dispose of this would be in your green garden bin or a home compost bin. During this time, the food waste will release the carbon dioxide it had absorbed during its growth as it decomposes. However, the additional benefit of adding it to your green garden bin or home compost is that it also produces compost at the end of the process, which then is used on farm land, in parks and in gardens to help feed the soil.

### Let's feed soils, not climate change!

Some simple tips which will make a difference:

Use up **leftovers**; maybe a leftovers dinner night once a week.

**Plan ahead**; think about what you are going to use over the coming days or weeks and make sure you do not buy anything that will not be eaten in time.

**Take a 'shelfie'** when shopping, so you know what you already have in the fridge and cupboards.

Have a **short date shelf** in the fridge, ensuring you do not forget about it at the back of the fridge.

And simply, **buy what you eat and eat what you buy.**

Complete a **food waste audit**. Most people don't think they waste much food. But by documenting what is thrown away, you quickly see how it adds up.

**Join a local group**, such as our Hunts Waste Busters. Meeting more likeminded people, sharing experiences and ideas, helps overcome any challenges and keep motivation.

**Talk** to others, share what you know; not everyone will be aware of the impact food waste has.