# 4 TIPS FOR REDUCING YOUR FOOD WASTE

## DID YOU KNOW?

Food waste is ranked as the 3rd largest contributor to the climate crisis, and half of all food waste occurs in the home. In the UK, the average household bins over £800 of perfectly edible food every year.

Reducing the amount of food you throw away is one of the easiest and most impactful steps you can take towards minimising your carbon footprint. Here are some tips to get you started.



## SHOP SMARTER

Plan your meals, make a list the ingredients you'll need and then stick to that list when you're in the shop. Shopping smarter will mean that not only do you waste less food, you also save money - win-win!

## STORE SMARTER

Out of sight, out of mind? Keep your fridge neat and make sure that food is visible, and after each shopping trip move the older products to the front to encourage you to consume those first.
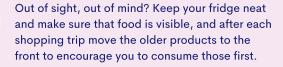
## COOK SMARTER

When you cook too much, save your uneaten food by packing it up and labelling it so you can keep track of how long it's been in your fridge or freezer. Incorporate leftovers into your daily or weekly routine.
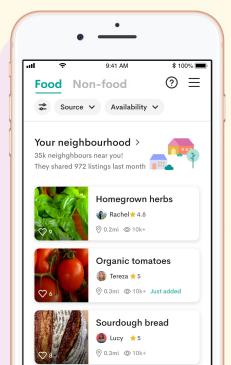
## SHARE FOOD

Share food with a neighbour, rather than the dustbin! OLIO connects people who have surplus food with people who want it, avoiding waste & feeding people.



## WHAT IS OLIO?

On OLIO, you'll find millions of people giving away good food and good things with their neighbours, all for free! Sharing on OLIO helps you fight waste, tackle hunger, build community and help protect our planet. Sharing feels good!

## HOW IT WORKS?

Users simply snap a photo of their surplus food and add it to OLIO. Neighbours who live nearby receive customised alerts and can request anything that takes their fancy. Pick-up then takes place at home/an agreed location.

## IMPACT SO FAR

- OLIO has over 4 million users
- Over 22 million portions of food have been shared
- Enabled over 6.7 million doorstep interactions
- Over 60,000 people have reached out to become OLIO volunteers
- OLIO is now global, with sharing taking place in 59 countries