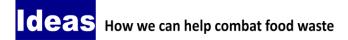


Pope Francis said "Throwing away food is like stealing from the table of the poor and the hungry".

- There is more than enough food produced in the world to feed everyone yet 815 million people go hungry.
- One third of all food produced in the world is lost or wasted, amounting to 1.3 billion tonnes.
- Almost half of all fruit and vegetables produced is wasted due to poor consumer habits and retail standards.
- If even a quarter of this wasted food could be saved it could feed 870 million hungry people.
- The average UK family is wasting nearly £60 a month by throwing away food that could have been eaten.
- · An area larger than China is used to grow food that is never eaten.
- 25% of the world's fresh water supply is used to grow food that is never eaten.
- In most developed countries, over half of all food waste takes place in the home.

Laudato Si' Reminder from last month: Did you help combat poverty?

How you can help. Find out more > >



	I will use this idea
 Buy less food and serve slightly smaller portions so that people clear their plates. 	
 Cut down on meat: have a veggie meal once a week. (it takes more of the earth's resources to raise animals than t grow crops.) 	
 Keep sliced bread in the freezer: Take out only what you need to toast from frozen or let it defrost. 	u
 Grow your own vegetables if you have a garden or even window box. 	a
5) Support supermarkets selling wonky or misshapen fruit which might otherwise go to landfill.	and veg
5) Share your ideas with your family and friends, and on Parish Facebook site: St James & St William of York Reading	

Find out more ...

 ${\tt https://www.food4families.org.uk\,Check\,out\,Food4Families.\,\,Getting\,\,Reading\,\,Growing}$

https://www.meatfreemondays.com Check out Meat-free Mondays website.

 $\label{lem:https://www.lovefoodhatewaste.com} \ Love\ Food\ Hate\ Waste\ for\ delicious\ ideas!$

https://www.thefrugaltoad.com/personalfinance/frugal-living-made-easy Frugal Living Made Easy

Some good news for Facebook users go to "Reduce your Supermarket spend".

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