



Food waste is the single largest material sent to landfills.

***Laudato Si'* Care for our common home**

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 > >

Ideas

How we can help combat food waste

I will use this idea

1) Buy less food and serve slightly smaller portions so that people clear their plates.

2) Cut down on meat: have a veggie meal once a week. (it takes more of the earth's resources to raise animals than to grow crops.)

3) Keep sliced bread in the freezer: Take out only what you need to toast from frozen or let it defrost.

4) Grow your own vegetables if you have a garden or even a window box.

5) Support supermarkets selling wonky or misshapen fruit and veg which might otherwise go to landfill.

6) Share your ideas with your family and friends, and on the Parish Facebook site: St James & St William of York Reading.

Find out more ...

<https://www.food4families.org.uk> Check out Food4Families. Getting Reading Growing

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

<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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