



# SAVE MONEY, SAVE THE PLANET, PREVENT FOOD WASTE

In our recent conversation with Co-op Members, they shared over 300,000 ideas about how we could tackle the big issues they're facing right now.

Members have asked us to help them save money and reduce their impact on the environment and told us that helping them to prevent food waste could do just that. They said they wanted helpful tips to prevent waste that could really make a difference.

## PREVENTING FOOD WASTE CAN SAVE YOU MONEY AND REDUCE YOUR IMPACT ON THE PLANET



**Save money:** It is estimated that a family of four can save up to £80 per month, or around £1,000 per year just by throwing away less food.\*



**Save the planet:** Reducing household food waste will make a huge difference. In the UK alone it is linked to 18 million tonnes of Greenhouse Gas Emissions per year.\*

\*Waste & Resources Action Programme (WRAP), 2023



**OWNED BY YOU.  
RIGHT BY YOU.**

# 5 TOP TIPS TO HELP YOU TO PREVENT FOOD WASTE.

## 1. TRACK AND CHANGE

Spend a week jotting down the food you throw away, why you wasted it and how much it costs. Knowing what you waste and why, helps you make small changes and save money.

## 2. PLAN TO PREVENT

Check your fridge and cupboards before you go food shopping, plan your meals for the week and make a shopping list so you only buy what you need. See our handy meal planner [www.coop.co.uk/meal-planner](http://www.coop.co.uk/meal-planner) or Hubbub's tips for meal prepping like a pro. [www.hubbub.org.uk/batch-please-10-tips-to-help-make-meal-prep-easy](http://www.hubbub.org.uk/batch-please-10-tips-to-help-make-meal-prep-easy)

## 3. STORE FOR SUCCESS

Keep your fridge at 5 degrees or below and read our food storage tips [www.coop.co.uk/environment/food-waste](http://www.coop.co.uk/environment/food-waste). Remember the freezer is your friend! Check out Hubbub's guide to freezable ingredients – it might surprise you. [www.hubbub.org.uk/15-freezer-friendly-foods](http://www.hubbub.org.uk/15-freezer-friendly-foods)

## 4. VALUE YOUR FOOD

Producing food takes a lot of labour, land, water, and energy. If you eat and enjoy your food instead of wasting it, you're helping the planet and saving money. Our recipes [www.coop.co.uk/recipes](http://www.coop.co.uk/recipes) can help you make the most of any ingredient.

## 5. SHARING IS CARING

If you do have excess food, contact your local Community Fridge [www.hubbub.org.uk/community-fridge-network](http://www.hubbub.org.uk/community-fridge-network) or Your Local Pantry [www.yourlocalpantry.co.uk/join-a-pantry/](http://www.yourlocalpantry.co.uk/join-a-pantry/) to see if they can use it. Through our Partnerships with Hubbub and Your Local Pantry, we've doubled the network of Community Fridges and Local Pantries across the UK.

## FOR MORE TOP TIPS TO PREVENT FOOD WASTE

[www.coop.co.uk/environment/food-waste](http://www.coop.co.uk/environment/food-waste) or check out our friends at Hubbub [www.hubbub.org.uk/cut-food-waste](http://www.hubbub.org.uk/cut-food-waste)

## FOR MORE WAYS TO HELP SHAPE THE CO-OP YOU OWN

Visit [www.coop.co.uk/joinin](http://www.coop.co.uk/joinin) or contact your local Member Activator [www.coop.co.uk/contact-your-member-activator](http://www.coop.co.uk/contact-your-member-activator)