

KEEPING PRODUCE FRESHER FOR LONGER

How packaging can help in the fight against food waste

Consumers are often unaware of the complex role that food packaging plays, and how it's vital for keeping foods fresh. This is especially important when it comes to fresh produce. Every year, the UK produces almost **20 million tonnes of food waste*** Globally this problem has a huge impact on the climate. Food loss and waste is responsible for an estimated 8% of annual greenhouse gas emissions. If it were a country, it would be the **third-largest emitter after China and the United States**. So how can we help consumers and what role does packaging play?

Packaging can help to reduce waste by increasing shelf life. Solutions such as Amcor's P-Plus films with micro-perforations provide bespoke respiration for fresh produce, slowing their rates of decay. Combined with proper storage we can help in the fight against food waste. And with these tips for home, so can you.

POTATOES



24h

Daily waste in British households:

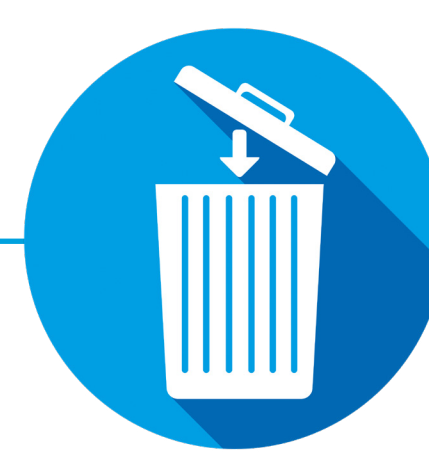
4.4 million

whole potatoes¹



- Store cool, dark place to help them last longer.
- If your potatoes start to sprout you can simply remove the sprouts and use as normal
- Cook, portion them and freeze them to use in a meal later
- Use potato skins in stock or deep fry/bake for homemade crisps

BANANAS



24h

Daily waste in British households:

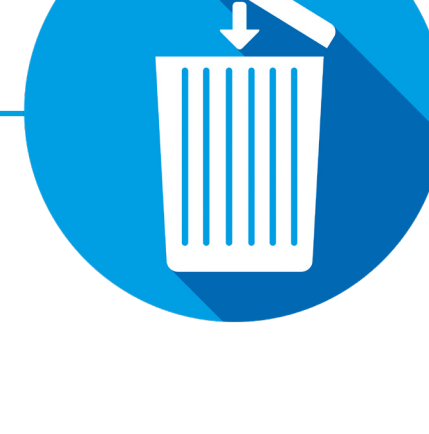
920,000

edible bananas¹



- Separate them from each other for storage
- Chop up and freeze once they start to speckle
- Use black bananas as a sugar substitute in baking such as muffins, banana bread and pancakes

SALAD LEAVES

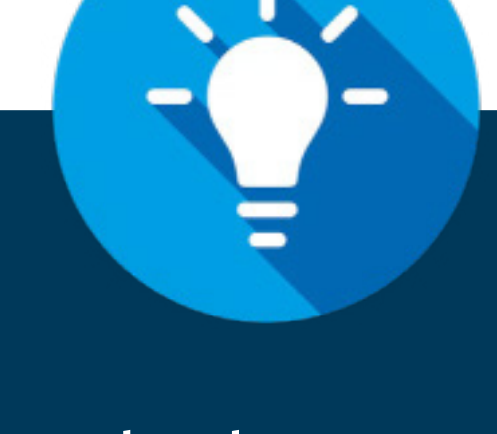


365

Annual waste in British households:

178 million

bags of salad¹



- Keep salad in a crisper drawer at the bottom of your fridge.
- Line a food storage container with kitchen towel before placing the lettuce leaves in and storing it in the bottom of your fridge.

CARROTS



24h

Daily waste in British households:

2.7 million

whole carrots¹



- Keep your carrots in the fridge below 5°C
- If your carrots look a little floppy simply trim the end and stand in a jar of water to freshen them up
- Juice older carrots for a delicious and nutritious way of using up spare carrots.

TOMATOES



24h

Daily waste in British households:

1.2 million

whole tomatoes¹



- Keep tomatoes in their original packaging in the fridge below 5°C
- Remove from the fridge 24hrs before use for the best flavour
- To increase their shelf life slow roast, cool, cover with oil and keep in an airtight container



What temperature should my fridge be?

FACT:

Did you know the average UK fridge temperature is set at a way too hot 7°C?²

Your fridge keeps food fresher for longer if you set it to below 5°C



[Click here](#) to learn more

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¹Food surplus and waste in the UK – key facts, January 2020, WRAP
²Love Food Hate Waste - <https://www.lovefoodhatewaste.com/article/chill-fridge-out>