

HOW MUCH FOOD DO YOU THROW AWAY?



Use up what
you buy and
you could **save**
your family £60
a month

Our food does its job best when it's eaten and enjoyed.
Using up everything we buy saves money and helps
to protect our environment. If we all make a few small
changes, together we can make a big difference.

Don't think you throw much away?
Read on and find out!

We've prepared a handy diary so you can jot down any food that doesn't get eaten, and why.

Don't worry about being too exact, e.g. 1½ tablespoons mash, and it doesn't matter what day you start on after all, it's your diary!

	BREAKFAST	LUNCH
EXAMPLE	1 spoon cereal and milk - poured out too much	bread crust from 2 slices - didn't eat sandwich crusts
MON		
TUES		
WED		
THUR		
FRI		
SAT		
SUN		



DINNER

OTHER

1 spoon pasta - cooked too much

2 yoghurts from fridge -
out of date



HOW DID YOU GET ON?

Please return your diary to us and we will send you a food saver pack.

There are lots of tips and recipes to help save food and money at **www.lovefoodhatewaste.com**

Name:

Postcode:

Email:

We will only contact you in relation to this project



If you have any tips or favourite recipes for using up leftovers to share with others, please email them to **customerservices@fareham.gov.uk** or phone **01329 236100** and ask for the Recycling Co-ordinator

Waste less
Save more

FAREHAM
BOROUGH COUNCIL

