IRELAND'S
Stop Food Waste
PROGRAMME
STOP FoodWaste.ie
epa

The Stop Food Waste Programme has 2 main aims...

PREVENT FOOD WASTE AND PROMOTE HOME COMPOSTING

You can stop food waste at each stage of the Food Cycle!

PLANNING AND SHOPPING

Be a better buyer to save money.

STORING AND COOKING AT HOME

Become a canny cooker and practice savvy storage to reduce waste.

SERVING AND REUSING

Use our delicious recipes to turn leftovers into low COST MEALS

HOME COMPOSTING

Enjoy this Composting Demonstration site and try composting at home!

Global impacts of food waste

- 1.3 billion tonnes of food is wasted each year
- If it were a country it would be the 3rd largest emitter of greenhouse gases globally after America and China.
- 1.4 billion hectares of land – 28% per cent of the world's agricultural area or 200 times the land mass of Irelands -used to produce food that is then lost or wasted.
- Over 100 times the water that flows through the Shannon is required to produce food that is ultimately wasted.
- Economic losses associated with food loss, excluding seafood, are estimated to reach €500bn a year.

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Food Waste in Ireland – Different Producers

Farming - ????

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Food Waste in Ireland – Different Producers

Commerce including wholesale, retail, service industries, hospitals, Universities, canteens, etc *~ 340,000 T*

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Food Waste in Ireland – Different Producers

And of course – at home *~ 300,000 T*

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In Ireland there is over one million tonnes of food waste disposed of each year. Around 1/3 of this comes from households

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Food Waste in Ireland

So what food are we throwing out?

There are 3 types of food waste thrown out:

1. 60% is ***Avoidable*** food waste. Plate scrapings, leftovers, gone off fruit and veg, passed its date perishables, etc.
2. 20% is ***Potentially Avoidable*** food waste – this are things like bread crusts, potato skins, etc.
3. 20% is ***Unavoidable*** food waste – like general rubbish, some food waste is unavoidable. Examples are banana skins, chicken bones, etc.

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Salads

Almost 50% of what we buy we throw out

Fruit & Veg

Almost 25% of these are thrown out

Bread

20% of bread and bakery is wasted

Meat & fish

10% of these expensive products get dumped

Yogurts & dairy

10% of these go down the drain

Potatoes

This is the vegetable that we waste most

Bananas & Apples

These are the fruits we waste the most

So when you're shopping or eating, watch out for thesefoods especially and you will save twice:

- by buying less food
- by having less to dispose of

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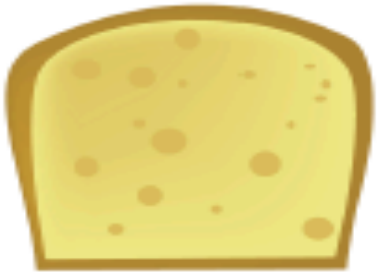
12c
Per Carrot



10c
Per Slice

50c
Per Half Head of Lettuce

30c
Slice of Ham

10c
Per 100ml

40c
Per Orange

The true cost of food waste is difficult to put a number on but the average Irish household is binning between **€400 – €1,000 worth of food each year.**

- The thing is, we all waste food for different reasons so there are different ways for each of us to Stop the Food we Waste.

- Stop Food Waste has identified the following 5 steps are an easy way that might help you tackle your food waste

1. Awareness
2. Planning
3. Shopping
4. Storage
5. Serving & Reuse
USE BY
JANUARY
1
Thursday
2014
STOP
FOOD
WASTE

The Stop Food Waste Challenge

- This takes the 5 steps and challenges Irish householders to reduce their food waste and save money!
- Average Irish Household is wasting ~20kgs a month. What's yours?
- Set a target of reducing this by ¼
- Setting targets is a good way to focus the mind and gives people a number to aim for

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How it works

- Small groups of householders come together to work through the challenge
- 4 x 1.5 hour meetings over 6- 8 weeks
- 8-12 households is ideal
- Trained facilitator leads
- Each week consists of a few elements - discussion, exercise, presentation, video and commitment
- Goal is to have fun and learn from each other

The 4 meetings

Meeting 1
Know Your Waste

Meeting 2
Planning & Shopping

Meeting 3
Storage, Serving and Reuse

Meeting 4
Overall Assessment & Home Composting

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Getting people to commit is important

For the next meeting

Challenge for next meeting

Before the next meeting, separate out and weigh the food you waste at home. From this you can target a ¼ improvement in the quantities of food wasted.

- Keep a note of all food thrown out (don't forget stuff that goes down the sink), weighing it (or noting how much) and identifying why it was thrown out.
- Keep receipts from all grocery shopping so participants can place a value on the food wasted.
- Take pictures of your wastes.

Resources: Food Waste Recording sheets that you can stick on your fridge or cupboard will be supplied.

So, before the next meeting what actions do you think you will try? Use our Action Checklist below to identify at least two things that you will try and do for next week.

What you commit to do before the next meeting	Commit to try	Did you do it?	Comments
Record the food wastes you throw out			
Identify why each type of food waste was thrown out			
Estimate the amount of the different foods you throw out			
Weigh the total amount of food that you throw out before the next meeting			
Weigh the individual quantities of the different foods you throw out			
Take pictures of the some of your main food wastes			
Keep the receipts for all your shopping during the week			
Try and estimate the cost of some of the main foods you throw out by comparing your receipts with your food waste			

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Run throughout Ireland with great success

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Roll out on a large scale

- During 2016 and 2017 aim to roll the Challenge out on a wider scale
- Train facilitators from different networks
- Target different groups through methods best suited for their needs
- Stop Food Waste provide the packs which include
  - Booklets
  - Presentations and Videos
  - Support materials
  - Ongoing support

5 steps to cut out food waste and

TRIM YOUR BIN

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SAVE €€€s ON YOUR MONTHLY BILLS!

1 Know your waste

To Stop food waste first become aware of what and how much you throw out.

Separate your food waste
Put your food waste into a separate container to see how much you really waste.

Record your waste
To remember the food you throw out why not make a note of it.

Identify the reasons
If you know why you're throwing out food you can work towards stopping it.

2 Planning

Good planning makes life easier, saves you money and reduces food waste.

Know your cupboard
Before you step outside your door, know what you already have!

Make your plan
By using meal plans and recipes to suit your needs, you will save money.

Write your list
A properly planned shopping list will save you time and stop food waste!

3 Shopping

This is one place you waste food before you even buy it... Buyer beware.

Before – be prepared!
Know what you need before you go and don't shop on an empty stomach!

During – be strong!
You have your list, stick to it and beware, bargain buys often go to waste.

After – how much have you saved?
Shorter receipts? lighter bins? have a look and see what you have saved.

4 Storage

Make the most of what you've bought, and give your food a good home.

Store it right
Knowing the right place for the right food is half the battle.

Use it right
You bought it, make sure you use it. Know your dates, don't get caught out.

Make it last
There are many great ways to preserve your food but do you know how?

5 Cooking

Now to the tastiest part of stopping food waste. Bon Appetit!

Proper Portions
An overloaded plate leads to an overloaded bin - know your portions.

Serving and reuse
Learn the magic art of the loaves and fishes!

Random Recipes
There are many ways to cook a spud, check out stopfoodwaste.ie.

More to Prevention than just SWRM and EPA Special Award

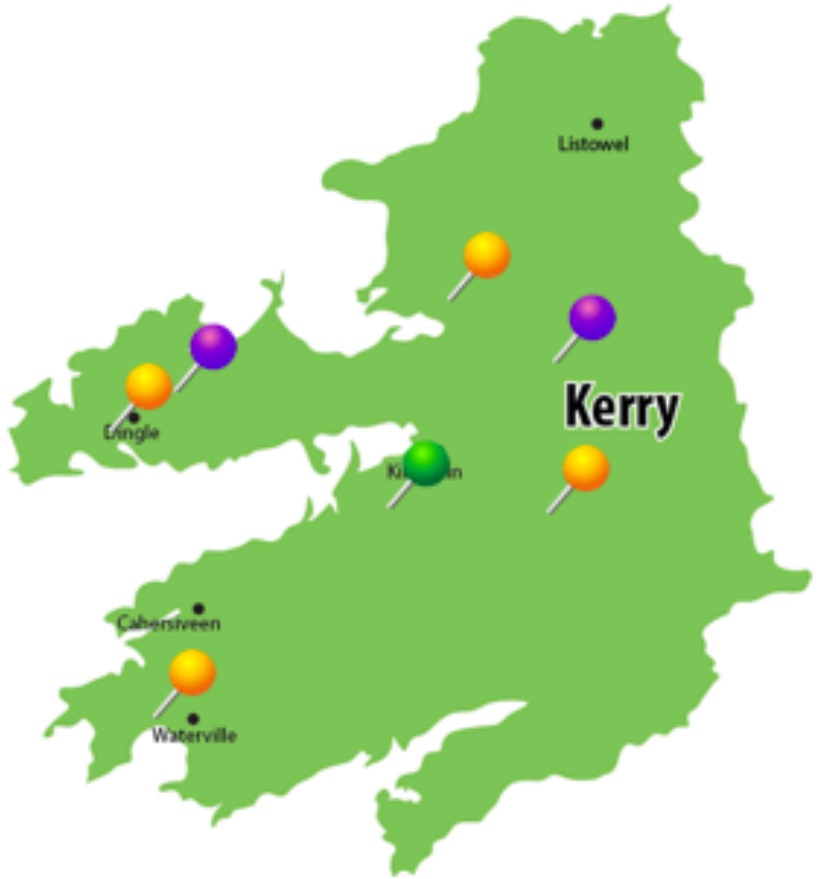
1. Community Involvement & Planning 60 marks
2. Built Environment and Streetscape 50 Marks
3. Landscaping and Open Spaces 50 marks
4. Wildlife, Habitats and Natural Amenities 50 Marks
5. Tidiness and Litter Control 90 Marks
6. Sustainable Waste and Resource Management 50 marks
7. Residential Streets & Housing Areas 50 marks
8. Approach Roads, Streets & Lanes 50 Marks

Kerry

Kerry County Council has been under the aegis of the Limerick Clare Kerry Regional Waste Management Office (LCK RWMO) for several years and is an LAPN Hotspot - a fully integrated waste prevention region, with a full time waste prevention co-ordinator. Kerry County Council with LCK RWMO have greened several festival and events as well as working with companies in the region to improve their environmental performance. LCK RWMO has now been replaced by the Southern Region Waste Management Office.

More

Green Festival Home/Community Business Food Waste



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Blackwater, Wexford

Last Updated by Colum on Aug 13, 2013

Tidy Town members converted a derelict site in back of the centre of town along the river walk into a composting site that converts village landscape materials into compost, leaf mould and mulch used to enhance growing areas and reduce maintenance work. The composting site consists of a two bunker composting system as well as an area to collect leaves to make leaf mould.

Location: In the centre of the village along the river walk.

Contact: Cliona Connolly, Wexford County Council

Directions Search nearby more

Map data ©2014 Google - Edit in Google Map Maker Report a

How we manage our food dictates what becomes waste

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

Calvin Trillin

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