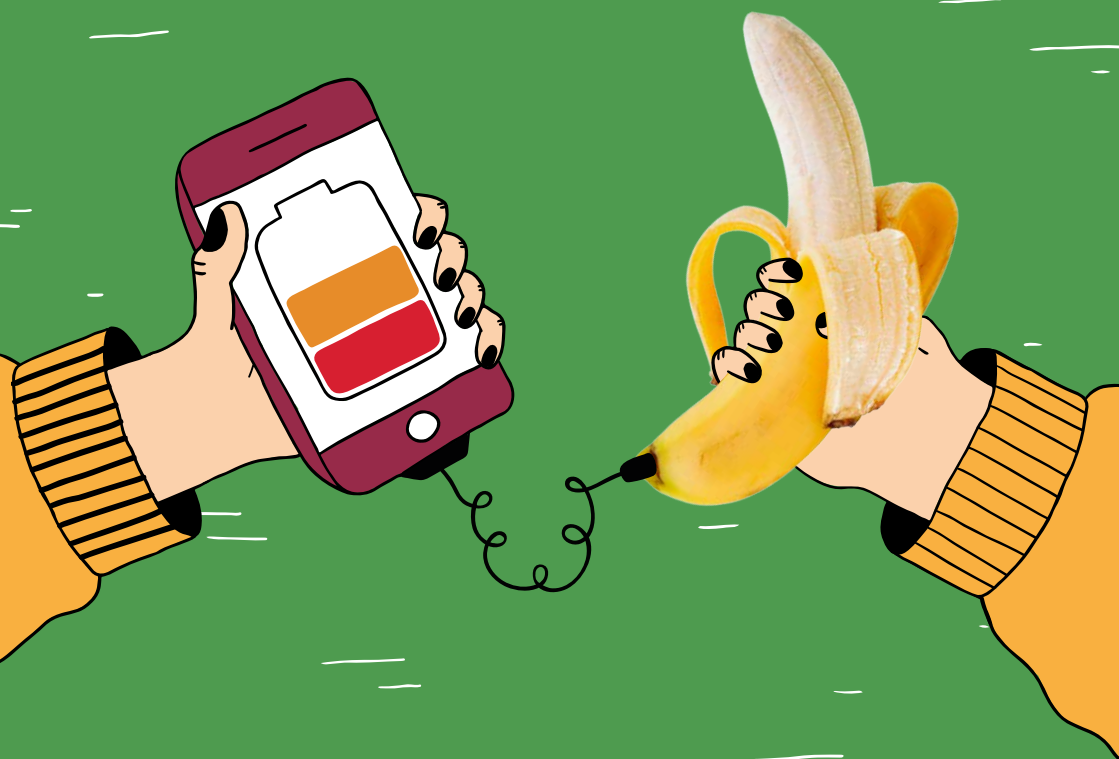


# FOOD WASTE,

# IT ALL ADDS UP!

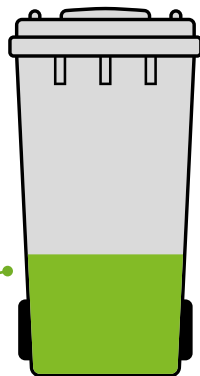
What happens to my food waste?



# Why does recycling your food waste matter?

**A quarter of the average bin in Gloucestershire is food waste** - but recycling it is easy using your weekly food waste collection.

**25%**  
Food Waste



## Reducing your food waste will save money and help the environment

Getting food to our plate produces greenhouse gas emissions. Around 8-10% of global carbon emissions come from wasted food.<sup>1</sup> Find out how food waste feeds climate change here.

**[www.lovefoodhatewaste.com/take-action-save-food/our-planet-your-food](http://www.lovefoodhatewaste.com/take-action-save-food/our-planet-your-food)**



Did you know?  
The average family of four can save just over £83 per month by reducing their food waste.



<sup>1</sup><https://www.unep.org/resources/report/unep-food-waste-index-report-2021>

# How to recycle your food waste

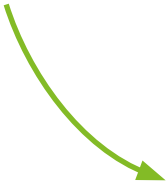
All councils in Gloucestershire offer a weekly food waste recycling service. From leftover bones to banana skins, raw or cooked food to tea bags. Any food can be put into your caddy.

You should have two food caddies to help you recycle. A small one to use inside and a bigger one for outside.



## You can line your caddy with any of the following:

- Plastic carrier bags
- Pedal bin liners (not black bags)
- Leftover plastic bags (e.g. bread bags and salad bags)
- Newspaper or kitchen roll
- Compostable bags



If you need a new caddy, contact your local district council.

[www.gloucestershirerecycles.com/your-district](http://www.gloucestershirerecycles.com/your-district)



# What happens to your food waste?

## Stage 1

Most of us generate food waste. The great thing about your food waste recycling service is that **everything** edible or inedible can go into the caddy. This could be bones, an avocado stone, or stale bread. Even the tiniest teabag can be recycled!



## Stage 2

Pop your caddy out in line with your district's collection requirements.



Your food waste will be collected and taken to Severn Trent Green Power's local food recycling plant in Stoke Orchard (near Bishop's Cleeve).



It's OK to line your caddy with an old cereal or bread bag - it saves money and reduces waste!



In 2022/23 Gloucestershire residents recycled over 21,000 tonnes of food!

## Stage 3

Food waste is pushed through a large metal tube and squeezing it removes contaminants. The food waste is then heated up to pasteurise it before being fed into an anaerobic digester.

Inside the digester, micro-organisms break down the waste without oxygen. They create a valuable resource: Biogas

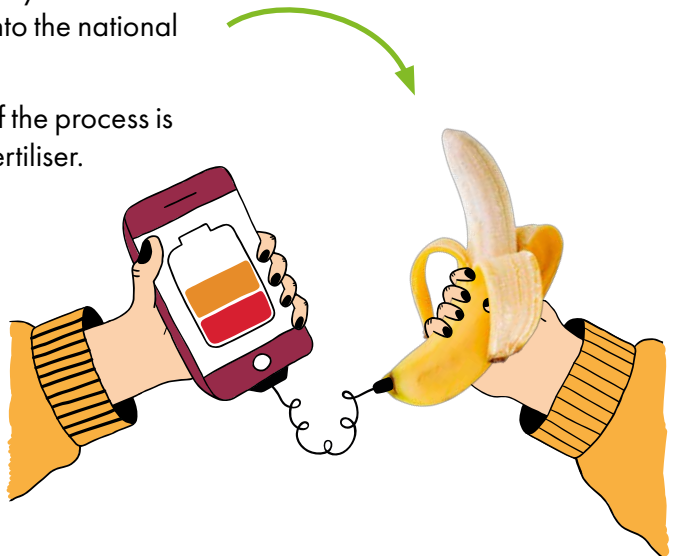


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## Stage 4

Biogas can be used in two ways: either to generate power or it is fed into the national grid to heat homes.

The remaining by-product of the process is used by local farmers as a fertiliser.



# Reducing your food waste is a great way to save money

Check out the tips below to help reduce your food waste

## Before a food shop

- Check your fridge and cupboards to avoid buying what you already have.
- Make a flexible meal plan to allow for changes in schedule or an unplanned midweek takeaway.
- Choose meals and ingredients that are versatile and that can be used in lots of different recipes.
- Plan to cook food in batches to save time and money.



## Shop

- Use a scan as you shop machine. This can prevent over-buying.
- Take a photo of your shopping list on your phone in case you forget it.



## Store

- Have your fridge and freezer at the correct temperature. Your fridge should be below 5 degrees.
- Make the most of your freezer. Freeze bread and take out slices as you need them. There are so many things that freeze well, from grated cheese, cupcakes, bananas and even wine!
- Check the best before and use by dates. You can eat food after the best before date whereas use by dates must be followed for safety.
- Love Food Hate Waste has a handy guide that tells you the best ways to store food:



[www.lovefoodhatewaste.com/foods-and-recipes](http://www.lovefoodhatewaste.com/foods-and-recipes)



# Recipe



2



80  
mins

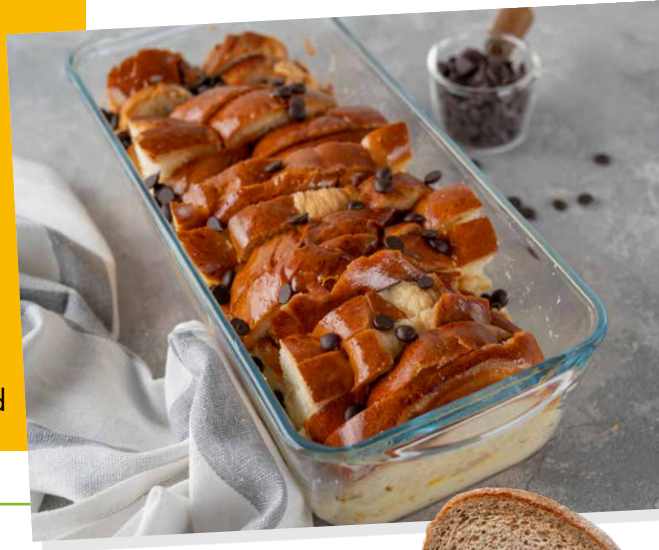


60  
mins

**Leftover bread, eggs and milk? Check out our delicious bread and butter pudding recipe below.**

## Ingredients

- 4 slices stale leftover bread
- 3 eggs
- 1 ripe banana
- 284ml double cream or milk
- 60g dark brown sugar
- 50g sultanas
- 1 tbsp chocolate hazelnut spread



## Recipe

1. Pre-heat your oven to 160°C.
2. Whisk the cream, sugar and eggs together in a large bowl.
3. Spread the chocolate spread on one side of the bread and cut into triangles, then dip into the egg mix.
4. Layer the bread into a lined loaf tin or pyrex dish with slices of banana and the sultanas. Leave the top layer free of banana and sultanas and place the final layer of bread chocolate spread side down to avoid burning the spread during baking.
5. Add the rest of the egg mix to the top of the tin and leave to rest for 20 minutes (or more if possible).
6. Place it in the oven and cook for 45-60 mins.



# What are you wasting?

If you want to keep track of your food waste cut out this page, stick it up in your kitchen and record any food wasted this month.



These are the most commonly wasted foods in the UK

	Date	Used up in a recipe	Composted	Recycled	Put in the bin
<b>Potatoes</b>					
<b>Milk</b>					
<b>Bread</b>					
<b>Salad</b>					
<b>Fruit</b>					
<b>Eggs</b>					
<b>Vegetables</b>					
<b>Cooked leftovers</b>					
<b>Meat</b>					
<b>Cheese</b>					

Add your own food waste here.



Recycle this booklet with your paper



Gloucestershire recycles

Find recipes and information about food waste reduction on our website  
[www.gloucestershirerecycles.com](http://www.gloucestershirerecycles.com)

