

Illustration 12.4 - Food waste

FOOD WASTE: A BIG CLIMATE PROBLEM

When we throw food away, we also waste all the resources and energy used to grow, transport, store and cook it – and it harms the climate.

ONE OF THE EASIEST CLIMATE WINS

If food is grown but never eaten, all the emissions from farming, transport, refrigeration, packaging and cooking still happened for no reason.



Food loss and waste causes around **6%** of all global greenhouse-gas emissions.



Some scientists even say that if food waste were a country, it would be one of the world's biggest emitters.



THROWING FOOD AWAY MEANS WASTING...



WATER

All the water used to grow it.

=

CO₂e
emissions



ENERGY

Fuel and electricity used at every step.

=

CO₂e
emissions



LAND

Farms, soil and space that could grow other food.

=

CO₂e
emissions



TRANSPORT

Trucks, ships and planes that moved it.

=

CO₂e
emissions



LANDFILL METHANE

Food rots without oxygen in landfill and releases methane – a powerful greenhouse gas.

=

CH₄
methane

SIMPLE WAYS TO WASTE LESS FOOD



Plan meals so you buy and cook what you need.



Store food properly so it stays fresh.



Use leftovers in new meals.



Freeze extra food before it goes off.



Take sensible portions.



Understand date labels – “best before” doesn’t always mean “unsafe”.

LESS WASTE = LESS CLIMATE IMPACT

Saving food saves money, resources – and our planet.

