



Waste not, want not

A whole community approach to food waste

voice

FOCUS GROUP 1 HOUSEHOLDS AND COMMUNITY GROUPS

voice

22/02/2024



Section 1

Audit your own
food waste at
home

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What's a waste Audit?

A waste audit consists in evaluating the food waste generated from: uneaten, moldy or out of date products.

In Ireland the most commonly waste items are:

- Leftovers (43% of people said this is the food they waste the most)
- Bread (41% of people said this)
- Fruit (39%)
- Vegetables (38%)

Knowing where your food is waste can help you to know where to act.



Waste Audit

Step 1. Separate your food waste

- Collect all your food waste in a separate container for at least a week.
- Any container will do but make sure that it fits in the space you have, has a tight fitting lid and is close to where you dispose of your food waste (near the sink is often the best place).



Waste Audit

Step 2. Keep a record of what you throw out

Bread:
300g

- During the week, put food waste your container. Make a note of what and how much you are throwing out. If you can then weigh it.
- Keep your audit sheet close – maybe on your fridge! If you fill your container dispose of the food as you would normally do.

You can use our food waste recording sheet.

Mon/Tues/Wed/Thru/Fri/Sat/Sun

Food Thrown Out

	Food Waste Type *	Where it ended up (see below)	Why it was thrown out	How much - a guess is fine
	Yogurt	Down the sink	Out of date	1 small tub
	Plate scrapings	Bin	Uneaten	??
	Bread	Birds	Mouldy	1/2 loaf + crusts

<https://stopfoodwaste.ie/wp-content/uploads/2013/Food%20PDFs/2.-Food-thrown-out-worksheet.pdf>

Waste Audit

Step 3. Identify the reasons that you have thrown food out

Bread: 300g
Moldy

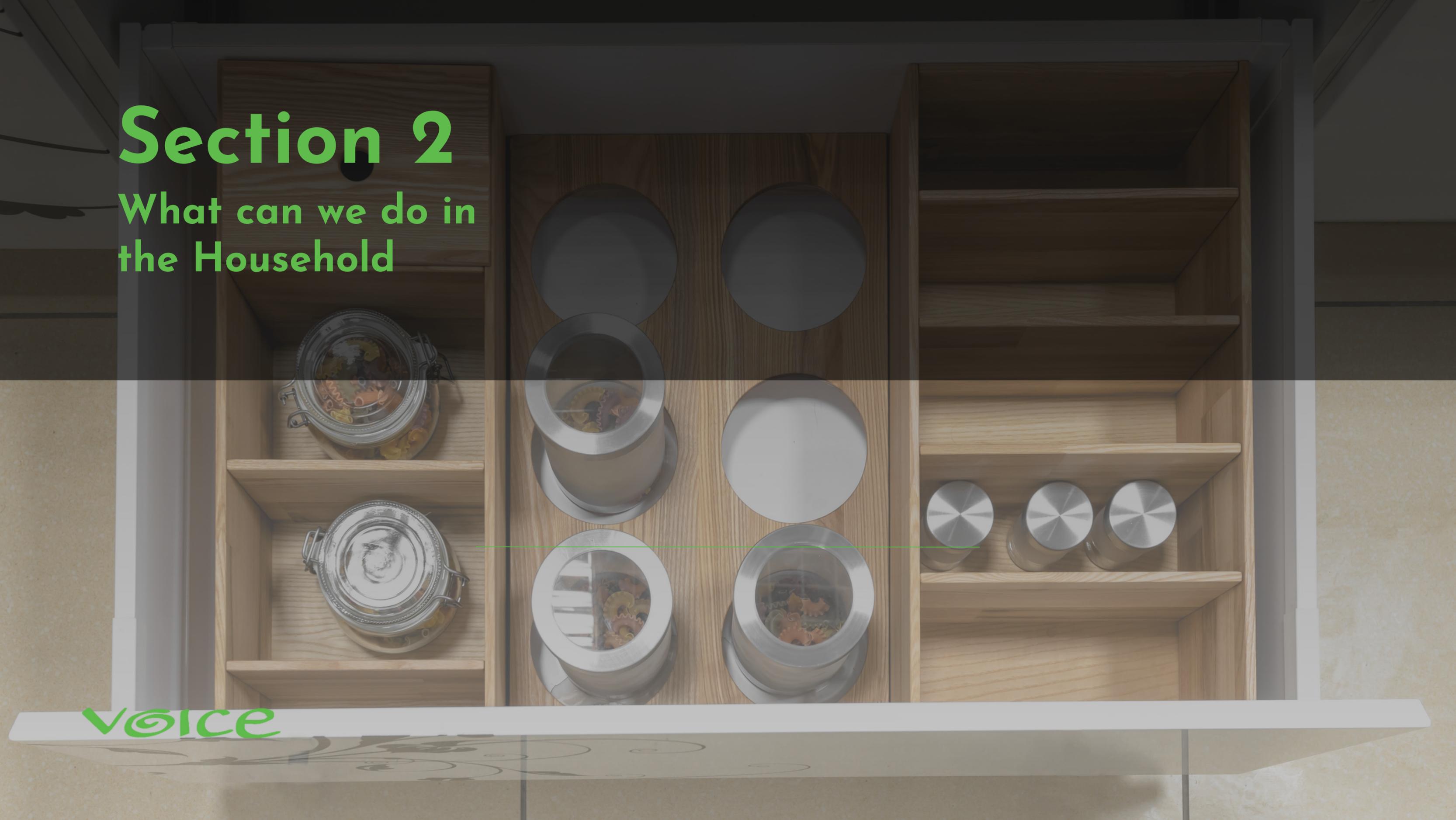
- Each time you throw out food, keep a note of the reasons why on the recording sheet
- We are creatures of habit and often waste food for the same reasons each week. If you find that you are constantly throwing out the same thing for the same reasons then this is a key thing that you can work to change.



Section 2

What can we do in
the Household

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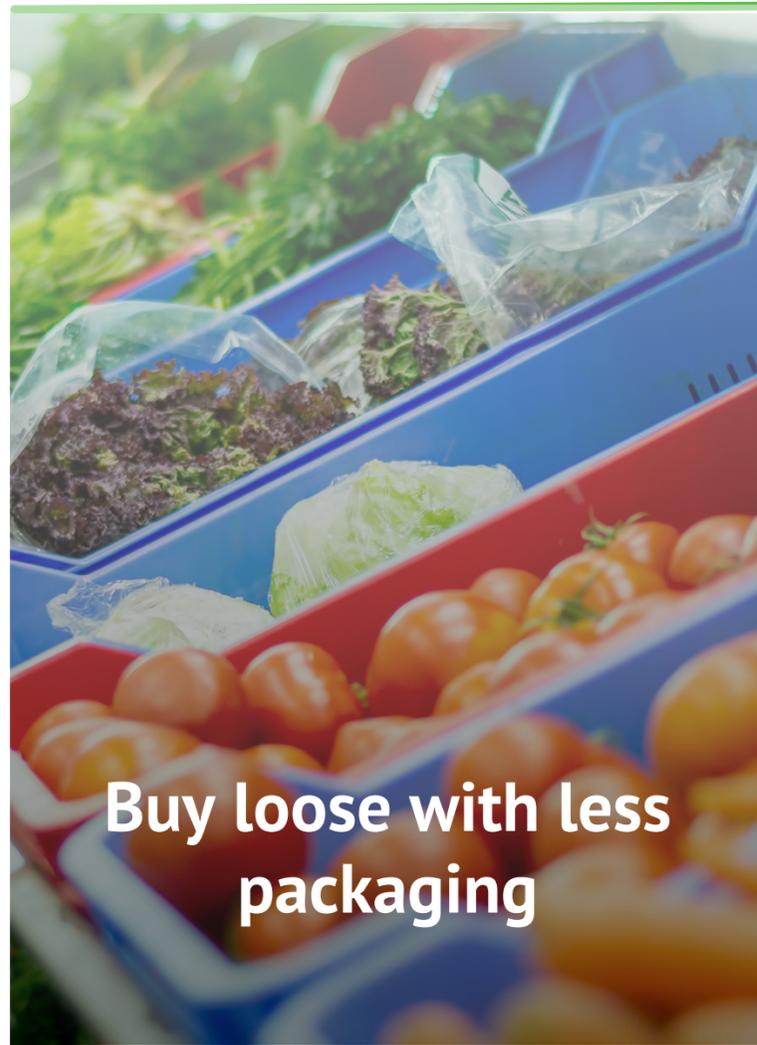
Meal planning

Planning in advance includes looking at what's already in the fridge, what we can buy to use up what we already have, and knowing how many meals you'll need to cover



Smart Shopping

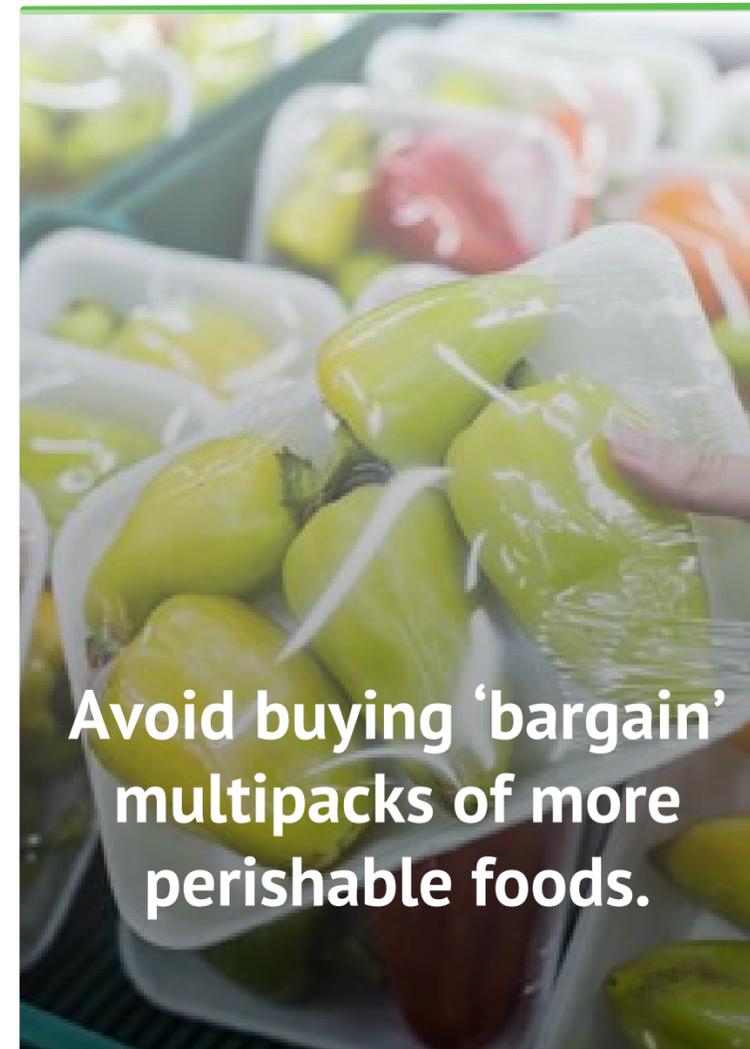
The n°1 tip here is to always have a list prepared and sticking to it



Buy loose with less packaging



Buy basic staple dry ingredients in larger amounts or in bulk.



Avoid buying 'bargain' multipacks of more perishable foods.

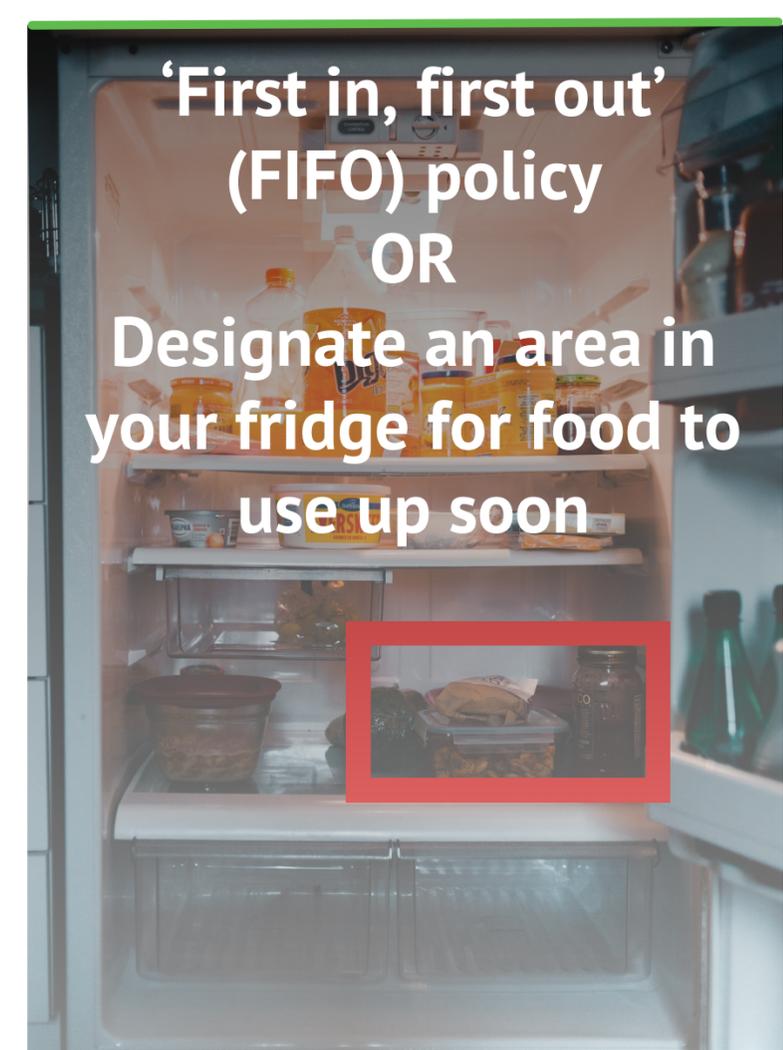


Buy local or 'low-food-mile' produce

Food storage

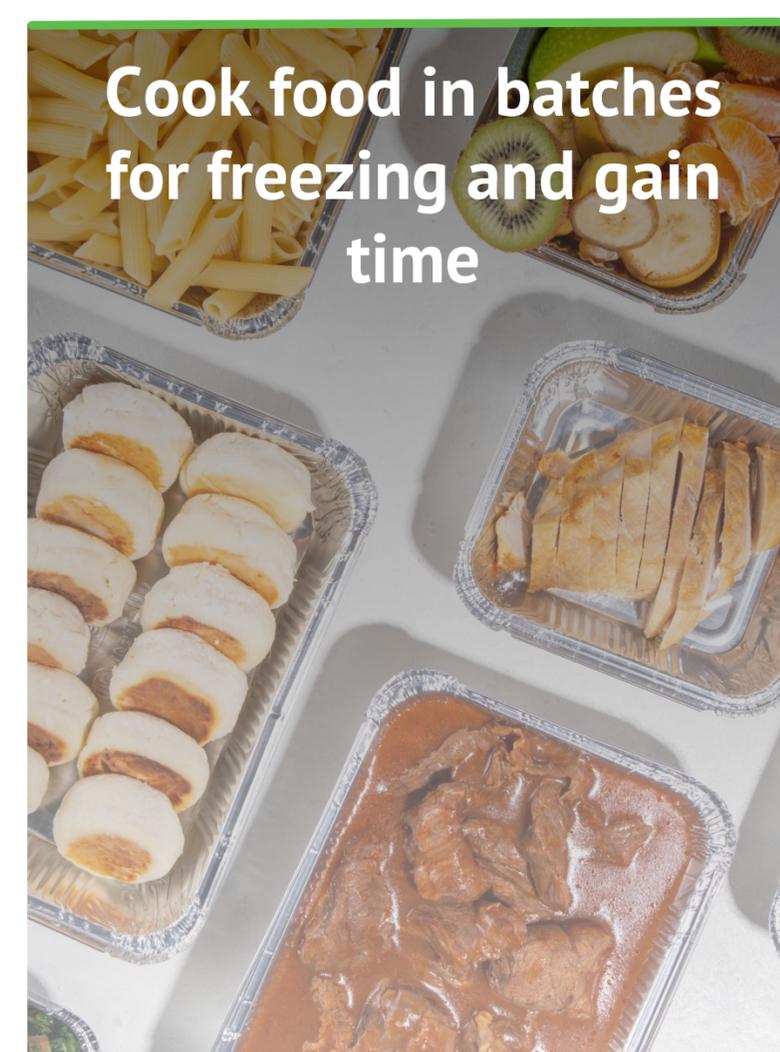
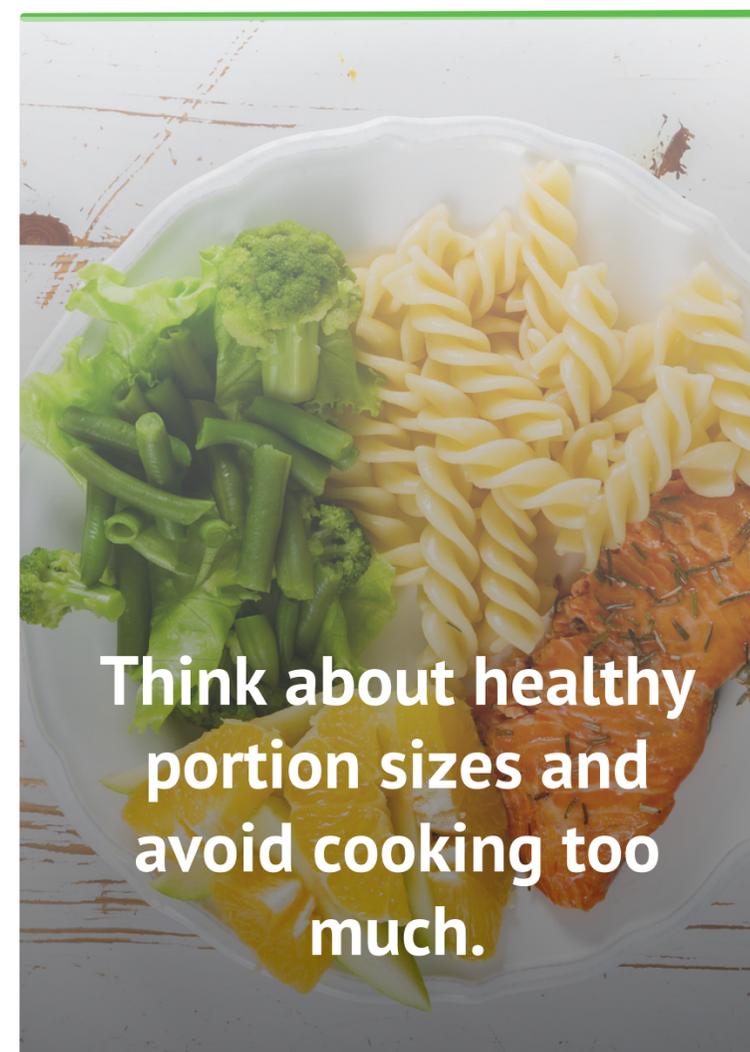
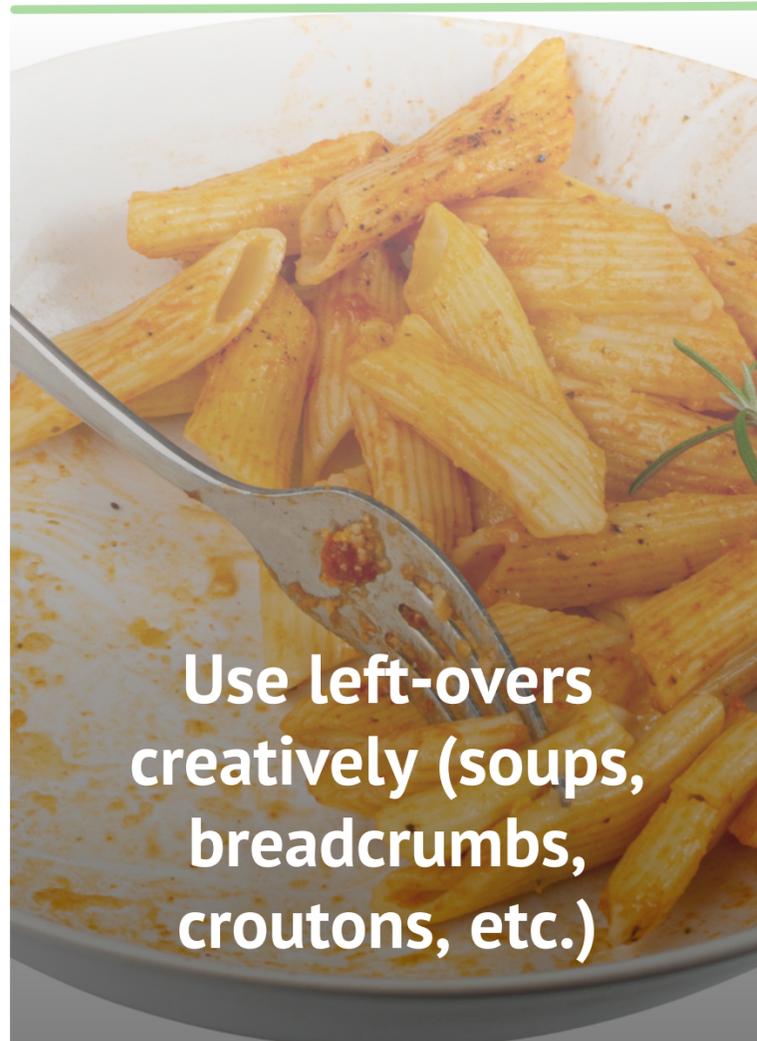
A lot of food waste actually comes from simply forgetting, or from incorrectly stored foods.

Did you know that potatoes and onions should **NEVER** be stored together?



Adaptative cooking

There are a lot of techniques out there for creative leftover cooking and reuse of food. That will also save you time and money



Nutrient recovery

Having a brown bin is great, but having your own compost is even better! You get to make your own potting soil for any of your growing project (plants or food)



Use a compost bin to produce compost from uncooked fruit/vegetable waste.



Use a wormery to produce compost from cooked and uncooked fruit/vegetable waste.



Create or contribute to community compost making, perhaps in partnership with a community garden.

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Community
Resource
Centre



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Clonakilty



Rialtas
na hÉireann
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of Ireland

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2040



SUSTAINABLE DEVELOPMENT GOALS

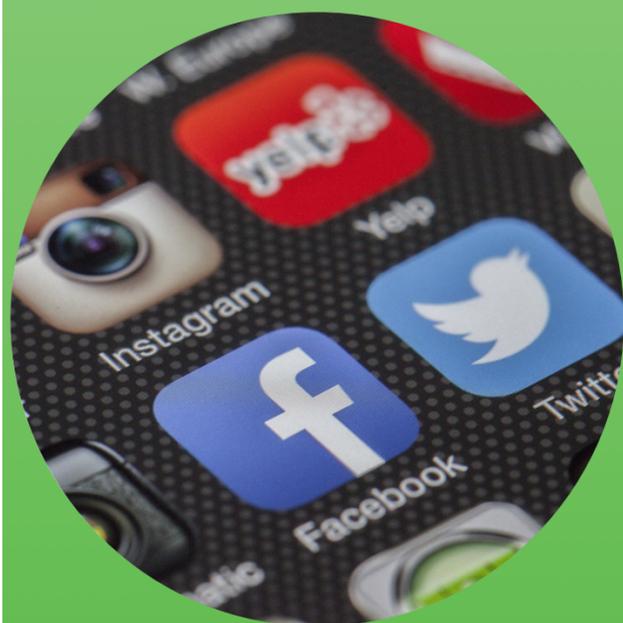


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