

Reduce
Reuse
Repair
Compost
Recycle

Buckinghamshire
WASTE BUSTERS

REDUCE

The thing we need to reduce most is food waste with a third of all food binned, making up 10% of global greenhouse gas emissions. In the UK, we waste 7m tonnes a year with 70% coming from homes - a third of the average bin.

Fighting food waste

See over the page for ways to recycle your food waste, but it's better to reduce it before it even becomes waste. Here's how...

Plan - try the app/website Yummly and find new recipes in seconds, create a shopping list & tick off what you've already got to avoid duplications.

Dates - ignore Sell By & Display Until as just for shop staff. You can eat food after the Best Before date if it looks & smells OK, but be careful with Use By dates.

Portions - weigh/measure your food - don't guess! Rice & pasta catch people out as they expand while cooking.



Leftovers - type your leftover items in Yummly's search bar and it searches the internet for recipes!

Storage - keep out air & moisture by keeping food in bags or boxes. Your fridge should be 0-5°C - a recent study found the average temperature was 7°C!

Share - share unwanted food at a community fridge or by using the Olio app.



Your food waste caddy

The Council runs a weekly food recycling collection. It can't reduce food waste, but can turn it into green energy & fertiliser.

What you can put in

- all uneaten food/plate scrapings
- mouldy or out of date food
- raw & cooked meat/fish, incl bones
- dairy products (e.g. cheese) & eggs
- fruit & veg - raw, cooked or peelings
- tea bags and coffee grounds
- rice, pasta and beans
- baked goods (cakes, bread & pastries)

What you can't put in

- non-food products
- packaging of any kind
- liquids, such as milk

Keep your caddy clean with a compostable, plastic, bin or food bag (salad, bread, cereal), newspaper or kitchen roll, but not black bin liners, rubble sacks or hard plastics.



Compost at home

You can also turn much of that organic waste into soil improving compost. Pick up our composting leaflet or go to www.linktr.ee/gardenorganiccomposting to find out more.



Find out more about reducing your waste at
www.recycleforbuckinghamshire.co.uk/wastebusters



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