

LACT - World Awareness Group



Children from all four schools got together to learn about food waste.

Why do we waste food?



Why do we Waste Food?

We waste food because we have so much of it and now we can order it on-line.



- <https://www.youtube.com/watch?v=tU1m6EWMZaY>

We waste food because food is readily available to us and we just go and buy what we need.

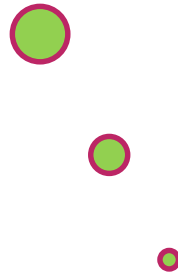
How can we reduce food waste?



- Plan your meals for the week ahead
- Eat left-overs the next day
- Put older vegetables in a stir fry
- Check your fridge regularly and before you go shopping
- Store meat and bread in the freezer
- Make smoothies with fruit
- Make soups with left-over vegetables
- Make a shopping list
- Check sell-by and best before dates

Can we feed the world?

We made a pledge to.....



Feed the birds with left over bread
Make a shopping list before going shopping
Make fruit smoothies
Check dates on food

