Tips for food storage:

- **Fridge** – Storing your food in the fridge will keep it fresh for longer.
- **Freezer** – Is great for storing your leftovers, frozen vegetables and extra bread.
- **Airtight containers** – With tight-fitting lids, are perfect for storing items in the fridge, freezer or cupboard.
- **Airtight jars** – Are great for storing dry food, e.g., flour, rice, etc., in the cupboard, as well as storing leftover liquids in the fridge.
What is food waste?
Food waste is food that is discarded or lost at production or processing phase. Food waste consists of raw or cooked food materials and includes food waste before, during and after meal preparation in households, as well as losses in food manufacturing, and activities in the retail and food services sectors.

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<td>Food Loss</td>
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<td>Agriculture production and harvest</td>
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Food Loss is food that gets spilled or spoilt before it reaches its final product or retail stage
Food waste is food that is not consumed because it is left to spoil or discarded by retailers or consumers

What causes food wastage?
The causes of food waste or loss are numerous, and occur at the stages of production, processing, retailing and consumption, this includes:

At production level:
- harvesting, storage, packing, transport, infrastructure or market / price mechanisms, as well as institutional and legal frameworks.

In households and restaurants:
- Cooking too much food
- Forgetting leftovers in the fridge or freezer
- Poor preparation of food and incorrect serving
- Over stocking, which results to food going off before the use-by date

Impacts of food waste
Food waste is a global and a local challenge, which costs South Africa R61.5-billion a year. It has impacts socially, economically and environmentally:
- It impacts on food security
- It’s a waste of resources used to grow, manufacture, transport and sell the food. And it’s a waste of money.
- It has environmental impacts when decomposing at landfill sites contributing to methane generation and leachate polluting groundwater resources.

How to avoid food waste?

At production:
- Improve poor post-harvest handling practices
- Have adequate storage
- Monitor the drying techniques and moisture levels
- Separate food waste from other recyclables e.g. paper, plastic, glass and cans
- Compost kitchen scraps and save the landfill airspace
- Feed left overs to your pets e.g. dogs

At Households/restaurants:
- Practice FIFO “first in, first out” rule – Older products should be used first, before new ones.
- Check sell by dates when buying groceries
- Store food correctly to help it stay fresher for longer
- Ensure your fridge and freezer are in good working condition,
- Prepare the correct serving size
- Donate surplus food to charity / the needy and help keep food out of landfill
- Separate food waste from other recyclables e.g. paper, plastic, glass and cans
- Compost kitchen scraps and save the landfill airspace
- Feed left overs to your pets e.g. dogs

Global Quantitative Food Waste per Year is roughly 30 percent for cereals, 40-50 percent for root crops, fruit and vegetables, 20 percent for oil seeds, meat and dairy, plus 30 percent for fish

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