

Host.

Where students are at home.

Don't let your food get wasted

Tips to help you waste less food and save money

7.2 million tonnes

of food is thrown away in the UK every year!

That's the equivalent weight of 6.2 million Mini Coopers

Thrown away food rots in landfill and emits methane gas, which is 20x more potent than CO₂

Place salad leaves in a Tupperware box with kitchen roll and close the lid. It will last much longer than an open salad bag.

Bread can be frozen! 24 million slices of bread are chucked away everyday in the UK. Freeze half a loaf to reduce waste.

Freeze with ease

Most foods can be frozen (milk, bread etc) right up to their use-by date. Just defrost overnight in the fridge and use within 24 hours. Make sure you cook until piping hot!

60% of it could be saved

On average every person in the UK bins the equivalent of 24 meals a month.

Make a list

Shopping without a plan makes you buy more than is needed.

Sharing is caring

Sharing meals not only means you'll waste less, but it divides the cost and allows you to make meals that you would not make for just one person.

Use the correct portion sizes

one portion of rice is 1/4 of a mug

one portion of pasta is 1/2 of a mug

Thinking about your portion size will reduce your waste dramatically.

Help us, help others.

At the end of the year please remember to donate your unopened, non-perishable food to those in need through our Food Banks found in Reception.