**Macro Stuff, Micro Stuff**

The need to save food is all around us – from the big picture at a national and international level to what’s happening right now in our own fridges – and we all have a part to play. We’ve taken a look at some of the macro battles and the micro challenges we all face in the quest to make a real difference.

## ***Macro stuff***

**1. The numbers game**  
Right now in the UK, we throw away 19% of all the food we buy: 7 million tonnes of it, in fact, every year. It’s almost too big to get your head around, so imagine nine Wembley stadiums full of food. Roughly two thirds of this – six stadiums full – was in date and good enough to eat, and with a few everyday changes it could be kept out of the bin.

**2. Counting the cost**  
Saving food is a great opportunity to save some serious money. Did you know that the 2.6 million tonnes of food in Britain thrown away because it’s gone out of date is worth £6.7 billion a year? And that throwing away food costs the average person around £200 a year and the average household with children about £60 a month? There’s a real opportunity for each and every one of us to save money at the checkout simply by saving more food.

**3. Something nasty in the air**  
Binning, removing, treating and dumping our food results in the release of harmful gases, including methane and carbon dioxide. Once they reach the atmosphere, they can’t be put back in the ground. Yet another great reason to live by the mantra – my food’s not rubbish.

***Micro stuff***

**4. Paying twice**  
When it comes to the food we throw away, there’s a double whammy. Not only do we pay for food we don’t eat, but then we pay our local council to take it away and process it. All of which means more food that isn’t eaten and money that could have been saved.

**5. Packing up**  
We hear a lot in the news about the problems of too much packaging – in fact 88% of us think that it’s a bigger problem than throwing away food. The truth is that the growing the food we buy creates 15 times more carbon dioxide than the packaging it comes in. Makes you think, doesn’t it?

**6. Word of mouth**  
Spreading the word is something we can all do. Why not join our Facebook, Twitter and Instagram feeds and share your top tips, handy hints and favourite leftover recipes?

The 7 million tonnes of good, edible food we throw away each year has a big impact on CO2 emissions in the UK. If we stopped throwing it away we would save the equivalent of 17 million tonnes of carbon dioxide – that’s the same as taking a quarter of all cars off our roads.

Taken from the *Love Food Hate Waste* website: <https://www.lovefoodhatewaste.com/article/macro-stuff-micro-stuff>