

Food Waste In The UK Is Costing Us £19bn A Year

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Did you know, that currently, **15 million tonnes** of food is wasted in our homes each year, most of which is still perfectly edible?

On average, food waste is costing households **£470** a year, increased to **£700** for a larger family... the equivalent to a holiday or even a new piece of technology to add to your home.

The good news, however, is that between 2007 and 2012, there has been a **21%** reduction in food waste all round – this is the equivalent of **23 million** black bins filled with food!

With this in mind, the household giant [AO.com](#) has developed an interactive site to help you to save money with your food purchases. When the equivalent of a whole fridge full of food is at stake, a simple change in lifestyle can just be what is needed.

Head of Brand at AO.com, Andrew Kirkcaldy says, *"Food waste is a big problem, and it's one that is so easy to ignore, especially with supermarket shelves packed high with affordable items. However, a few changes to the way you shop for food, and use it once it's in your kitchen, can ensure you get the most from your weekly shop."*

With a downloadable meal planner, tips on food labels, an array of recipes to try, plus a guide on what you can freeze, AO.com have thought of everything to help you prevent waste and help you save.

You can follow the waste less food journey here: <http://ao.com/life/kitchen/kitchen-tips/wasteless/>

ENDS

Sources: <http://england.lovefoodhatewaste.com/node/2472>, [http://www.wrap.org.uk/sites/files/wrap/UK_Estimates_February_15_\(FINAL\).pdf](http://www.wrap.org.uk/sites/files/wrap/UK_Estimates_February_15_(FINAL).pdf)

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