

## ?Save up to £1000 a year simple by using your freezer.

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You could save close to £100 per month just by making good use of your Freezer.

Love Food Hate Waste suggests we throw away 7 million tonnes of food and drink each year from homes in the UK.

According to Love Food Hate Waste, this is due to either preparing too much food at once, or not using enough in time.

In addition, according to Which? a recent investigation by online retailer Appliances Direct found that 65% of people throw away food because they are unsure of whether the product can be frozen or not.

A survey of 1000 British adults saw 65% admit to throwing away food and produce due to lack of storage knowledge.

Luckily, companies like Assuranty Nationwide post numerous blogs relating to topics such as fridge food storage tips as well as freezer maintenance to assist in the knowledge stakes.

The outcome of the Appliances Direct survey suggests that the average family could save up to £90 a month on its grocery bills, just by freezing meat, fish and poultry items, as well as leftover cooked meals.

Likewise, Love Food Hate Waste suggests that wasting food costs the average household between £500-700 a year.

These statistics sound harsh, but nonetheless very realistic if you take the time to consider your own food loss habits.

However, there are ways these losses can be reduced.

In line with the research undertaken by Appliances Direct, savings can be made simply by making the most of your Freezer.

Freezing meat, poultry and fish items when purchased, enables you to not cook more than needed at one time and also allows for portion control. However if you prefer, you can still cook the whole product, yet freeze the leftovers once cooled. Whichever method you prefer, you will equally save on the excess/leftover food.

Likewise, if products in the fridge are due to reach their expiry date and you do not think the product would be consumed in this time, freeze the items and use them at a later date.

Incidentally, most products once removed from the freezer will have defrosted within 24hours, exceptions to this rule being large meat or poultry joints and portions, as these may take longer. Planning ahead somewhat, you can take items out of the freezer tonight and use them tomorrow, or the next day.

Love Food Hate Waste also suggest freezing products as a money-saving tip, and even go one step further and recommend freezing items into smaller portions; a single chicken breast, one pork chop, 2-3 sausages and a couple of rashers of bacon for example. This method further allows for defrosting exactly the right amount needed per portion. Again, freezing 3 chicken breasts together when you may only need 1 is going to cause you to lose out, unless you're sure you will use the extra 2 breasts within a matter of days.

In addition to these methods, Love Food Hate Waste list a range of money-saving tips where it relates to food loss and control.

Which? also offer their assistance in discovering the most reliable Freezers on the market.

What's more, Assuranty Nationwide provide guidance to insuring your Freezers and saving you money against Freezer repairs and replacements.

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