NSW households throw away more than $2.5 billion worth of edible food per year.

Food waste and our environment

When we waste food we also waste all of the resources, fuel, energy and water, which were used to get the food to us.

Did you know scraping leftovers into the bin contributes directly to climate change?

When food waste is thrown away and sent to landfill, together with other organic materials, it becomes the main contributor to the generation of methane – a greenhouse gas 25 times more potent than carbon dioxide in its impact on climate change. National greenhouse inventory data tells us landfills contribute to two per cent of Australia's total greenhouse gas emissions.

Households across NSW could help save more than 470,000 tonnes of CO2-e per year by reducing household waste by at least 50%.

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How much do we waste?

- More than one third of the average household garbage bin is filled with wasted food each week.

- NSW households throw away more than 800,000 tonnes of food each year.

- In NSW, more than $2.5 billion of edible food is thrown away each year.

What do we waste?

Each year in NSW we throw away and send to landfill:

- $848 million of fresh food
- $694 million of leftovers
- $371 million of packaged and long-life products
- $231 million of drinks
- $231 million of frozen food
- $180 million of takeaway/home delivered food.

LOVE FOOD

Wasting food wastes the energy, water and natural resources used to grow, package, transport and market that food.

For every household in NSW more than $1,000 of food is thrown away each year – fresh food, leftovers, packaged and long life food, unfinished drinks, frozen food and takeaways.

Loving food is about wasting less every day – saving you time and money, making a difference to our environment and living more sustainably.

What is food waste?

Food waste is:

- not using food items before they expire or are no longer usable
- preparing and cooking more food than we need.

Food waste can be 'unavoidable' or 'avoidable'.

'Unavoidable' food waste is food waste that cannot usually be eaten such as pineapple skin, teabags and vegetable peelings.

'Avoidable' food waste is food that is wasted due to:

- buying too much
- cooking too much
- saving and storing it incorrectly.

Love food

Love Food Hate Waste provides practical tips and tools that will make it simple for all of us to reduce food waste at home. By simply planning your meals and what you buy, preparing and cooking the correct serving size, and learning how best to store.

Buy it

Whether you have a large family or household, live alone, or as a couple, planning your meals and shopping list in advance will save you time and money.

Menu planning provides an opportunity to use leftovers more efficiently and makes it easier to stock your freezer.

By sticking to your shopping list, you will only buy the items you need, reducing the amount of food waste that ends up in your bin each week.

Cook it

One of the most common reasons for wasting food is that we cook too much. By getting serving sizes right, knowing how to measure and cook the right amount of food for the number of people you are cooking for, you will avoid food waste, save money, and reduce our impact on the environment.

Save it

The way we store our food at home can affect its freshness and shelf-life.

Love Food Hate Waste provides you with simple tips on how to best store your food, from breads, pastry and cakes to meat, dairy, cereals, and fruit and vegetables.

Our top tips will help you to reduce the amount of food you throw away, save money, and make a positive contribution to our environment.

Waste less food, save money and our environment

lovefoodhatewaste.nsw.gov.au