



Living Sustainably

Climate change is one of the greatest challenges of our time, and the choices we make every day play a crucial role in reducing our impact on the planet. By consuming and wasting less, we can all embrace a more sustainable lifestyle.



SWA has teamed up with **Miriam Adcock at Zero Waste Scotland**, who has shared her top tips for making small changes that can make a big difference.

Food Waste

Why it matters

Food waste is a global problem that has significant economic, environmental, and societal impacts. Almost one million tonnes of food and drink is thrown away every year in Scotland, with a carbon impact of 3.7 million tonnes CO₂-equivalent greenhouse gas emissions – that's nearly 5% of Scotland's total carbon footprint. Tackling food waste is one of the most important ways we can reduce the carbon impact of Scotland's waste and an achievable way to live more sustainably.

Saving food will also save you money. Good food thrown out from our homes in Scotland amounts to over £1 billion worth, costing every household in Scotland on average £470 a year.

But isn't it enough to recycle?

When food waste is sent to landfill it releases methane, a greenhouse gas many times more potent than carbon dioxide. Some of these emissions can be avoided by recycling it. But cutting down on food waste also reduces the climate change emissions and the cost of growing, harvesting, processing, transporting, and cooking food in the first place.

Food Waste

What can I do?

- Check the dates on the things in your fridge regularly, like meat and fish, and move them into the freezer if you think you won't have time to cook them.
- Keep a stock of essentials like pasta, rice and vegetables so that you always have options for using up leftovers.
- Check your cupboards and write a list before you go food shopping.
- Freeze bread – slices from a frozen loaf can then be defrosted as needed or toasted straight from the freezer.
- Check your portions to avoid extras going to waste.

You can find more top tips to reduce food waste here:

5 steps to reducing food waste at home | How to Waste Less

Or try Zero Waste Scotland's **Food Waste Reduction Bitesize Training Course** for a 15 mins quiz.

For more information and support, contact us at **info@scottishwholesale.co.uk**

