



# Robyn Parker MP

## Minister for the Environment

## Minister for Heritage

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### MEDIA RELEASE

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#### LOVE FOOD HATE WASTE THIS CHRISTMAS

Food is at the heart of many Christmas celebrations and Environment Minister Robyn Parker today encouraged families to help reduce food waste this Christmas.

Ms Parker said the spirit of sharing can mean we end up buying and preparing too much food – much of which unfortunately ends up being thrown away.

“Avoiding food waste doesn’t just help the environment by reducing the amount of waste going to landfill - it will also save you money,” Ms Parker said.

“Across NSW more than half the contents of the average household bin are made of wasted food.

“On average NSW households generate 800,000 tonnes of food waste each year.

“This equates to \$2.5 billion worth of food a year or about \$1,000 per household that is thrown away.

“National Leftover Day is on Boxing Day and I encourage everyone to use leftovers to create more delicious meals as they sit down to watch the cricket or head to the beach.

“The NSW Government’s *Love Food Hate Waste* program aims to raise awareness about the impact food waste has on our environment and help the community reduce the amount of ‘good’ food we throw away.

“Since the program began in 2011, we have offered more than \$880,000 in grants to local government and community groups across the state to start-up their own grass roots programs and help promote good food practices in their local communities.”

Here are a few things we can all do to help reduce our food waste this Christmas:

- **Use leftovers** - Each year NSW households throw away \$2.5 billion worth of food. Use leftovers for another meal rather than putting them in the bin or compost.
- **Store your food correctly** - Try not to overload your fridge. Maintain the recommended temperature of 3-4°C and good air flow to keep your food longer and for food safety.