



MOO Food



Introduction

WHY TAKE THE ZERO WASTE FOOD CHALLENGE?

It's easy to feel lost when climate crisis issues appear to be completely overwhelming but don't underestimate the power we have from our own homes to make big changes.



Food waste is often one of the least spoken about issues when it comes to the climate crisis, but if we can reduce food waste from our own homes, we are doing one of the easiest and most impactful actions we can do to combat climate change and reduce greenhouse gas emissions.

Almost one million tonnes of food and drink is thrown away every year in Scotland, Across the Highlands. 35% of an household bin is made up for food waste, nearly three quarters of which is avoidable.



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Why should we reduce our food waste?

It's a common misconception that the food in our bins is harmless because it's biodegradable and therefore decomposes. Unfortunately this is only true when we give the right food the right conditions

Check out the composting topic for more about this



The reality is, that every time food waste goes from our home bins to landfill, it decomposes to produce methane which significantly contributes to climate change as it is around 20 times stronger than CO₂. **Imagine the impact we can have if we all stopped putting food waste in our bins!**

17,000 tonnes of food is thrown away each year in the Highland Council area alone. Not only does that result in vast amounts of food ending up in landfill, the bigger picture is that our global food system now means that huge amounts of energy are used to **grow, harvest, transport** and **package food** that is **never eaten.**





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Save the planet and our pockets

We have become so far removed from living in tune with our natural surroundings and it has become a vast and complex system where we feel disconnected from both our food and what we are producing as waste.

Because our current system is so complicated, the onus is of course not completely on the individual - it is extremely difficult to live without waste in our society. However, the Scottish government estimates almost **1 million tonnes of food and drink** is thrown away every year in Scotland, with food wasted in the household representing around **20% of all food purchased in Scotland by weight**. Not only does this cost Scottish households an average of **£440 per year**, its **3.8% of Scotland's total carbon footprint**.

70% of food waste in the UK is from our own homes and nearly all of it is completely avoidable. So... it isn't easy but this is why we are putting it forward as a challenge!

TAKE BACK YOUR MONEY!

Not only does it affect the climate, our ecosystems and disrupts the natural cycles of the earth but the amount of money we are spending on food that is not used is massive!





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Small actions have a big impact

TAKE ACTION!

If it feels like too small of an action to take, don't forget that big changes come from lots of tiny steps. Wherever we do or don't spend our money has a huge influence on what direction businesses and governments take, so if we are able to **put food waste at the top of our household priorities** then that will influence the direction of change.

It can also feel empowering - at a time when a lot feels out of our control - to know that it is up to **you** how much food waste leaves your household or at least how much food waste you yourself put in the bin. We can't always dictate what others in the household do but leading by example can have a far greater effect on others than anything else.



GET BACK TO BASICS

Simplifying our lives where we can - by reducing what comes into our homes - can help with the some of the mental load.

Be the
CHANGE



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Be creative and enjoy

HAVE FUN!

Reducing food waste may not be synonymous with having fun, but as well as watching your monthly budget increase and knowing you are taking positive climate action, it is also a great opportunity to find your creative side!

Finding easy ways to use up leftover food, creating your own compost, maybe sowing some seeds, watching them grow and eating them, making some jam from leftover fruit or trying some kimchi.. it is a great opportunity to learn new skills, try new things and have some fun with it all at the same time.





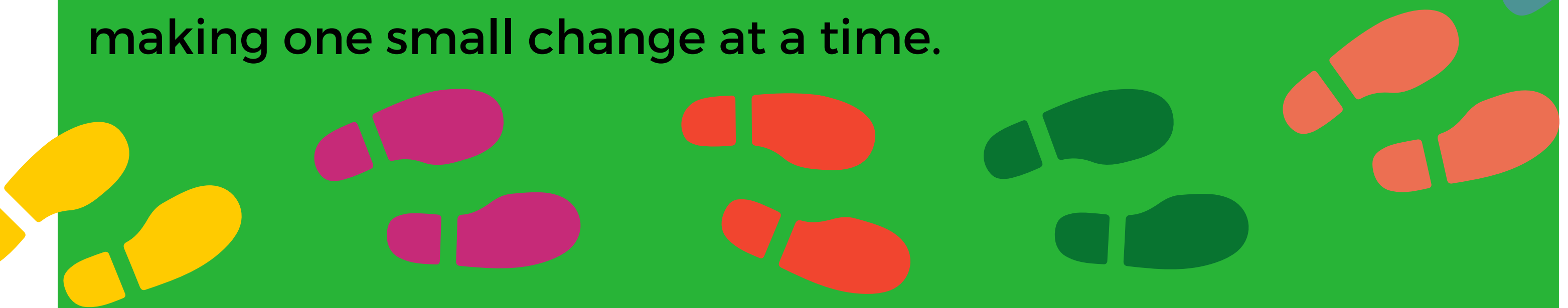
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Food Waste Journey

ONE STEP AT A TIME

We are all at different stages in the food waste journey and just the fact that you've found yourself here is either a great start or a positive continuation on your way. Making change isn't easy so at whatever stage you are at, we suggest making one small change at a time.



We know life can be busy enough as it is, so even although it may feel like it takes up a bit of time at the start, learning the skills to reduce waste is in the long run is both **time saving** as well as **money saving**!

DO WHAT YOU CAN

This challenge isn't about managing to be completely waste free!

Certainly none of us are perfect and our systems at the moment aren't set up for 'Zerowaste'. It is about doing what you can, when you can and learning from each other along the way so that we can make progress collectively.

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

- Anne Marie Bonneau





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Taking part

HIGHLAND COMMUNITY WASTE PARTNERSHIP (HCWP)

This challenge was originally created by the community group MOO Food based in Muir of Ord in the Highlands. The participants joined in with the journey and fed back along the way their own habit changes along with their tips for saving waste. Through the Highland Community Waste Partnership, we have taken on board all of the feedback along with some new ideas to create this new challenge to go Highland wide!

WORKING TOGETHER

The HCWP is driven by 8 community groups across the Highland region including Transition Black Isle, Lochaber Environmental Group, Broadford & Strath Community Company, Lairg & District Learning Centre, Thurso Community Development Trust, Highland Good Food Partnership, Velocity Cafe & Bicycle Workshop and Lochbroom & Ullapool Community Trust. The partnership is coordinated by Keep Scotland Beautiful and funded by the National Lottery Community Fund.

TAKING PART

All of the above organisations will often be running workshops, film nights, events and other activities that are related to the topics in this challenge so please keep an eye out in your area for more on this!



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Zero Waste Food Challenge

HOW IT WORKS

In the Zero Waste Food Challenge we guide you through the **6 topics of the food waste journey** to help you to take control of the food you bring into your home and provide tips and info to help you make the most of it.

TOPICS INCLUDE:

PLANNING, SHOPPING, STORING, PREPARING, CONSUMING & COMPOSTING

Whilst we have covered a lot of the changes you can make in your own homes, it is always worth looking at other resources out there including LOVE FOOD HATE WASTE and we have added additional information and links to supporting resources to help you on your journey.

MEASURING FOOD WASTE

To help track the impact of your actions during the challenge, we suggest that you measure the amount of food waste your produce weekly.

Here is a link to the Love Food Hate Waste food diary which can help you to see for yourself the types of food being wasted.





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Measure your impact

MEASURING FOOD WASTE - HOW TO GUIDE



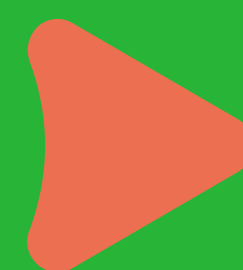
Find a container at your home. We suggest a food waste caddy but if you don't have one a tupperware box will do just fine.



Throughout the day, any food that would **usually go into your landfill/general waste bin** - add into this container instead.



Every time you have to empty this container into your landfill bin, note it down and then **add up at the end of the week how many containers full you sent to landfill/general waste bin**. This is your starting point.



Try this activity again at the end of the challenge, was there any difference? What changes did you make?



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Measure your food waste worksheet

To help monitor your food waste you can use this chart to note how much food waste you collect between each topic. You can note what you did differently and monitor if your food waste is less, more or the same after trying out the tips. We have filled out the first few as an example.

(Remember you're only collecting the food waste that would go into landfill. For the introduction week, please don't do anything differently than you did before)

Container type: Food caddy / Tupperware box / Other _____ Tupperwear _____
Volume: Litre or size _____ 3 lr _____

Module topics	Date accessed module	Date of measure	Amount of food waste	What I did differently....
Introduction Week before starting the challenge	Sun 16th June	Sunday 23rd June	2 3l tupperware boxes full	I have been collecting food in a tupperware box this week. Surprised to see the amount I actually throw out!
Planning	Sun 23rd June	Sun 30th June	Less	I took a note of what was in my fridge and cupboards before going shopping. Tried online meal planner
Shopping	Sun 30th June	Sun 7th July	More	Family visited and we had more food waste than expected. Something to remember in future
Storing	Sun 7th July	Sun 14th July	Less	
Preparing				
Consuming and leftovers				
Composting				



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