

## #1 Bread



*20 million slices a day*



# How much food do we throw away in the UK?

### TOP TIPS:

1. Freeze your loaf
2. Store potatoes in a cool, dark place away from onions
3. Keep your fridge under 5 degrees Celsius so milk stays fresh
4. Store cheese in an airtight container

**FACT:** Using up all good food in the UK would save over 22 million tonnes of CO<sup>2</sup> – that is like taking 1 in every 4 cars off the road every day!

**Website:** [www.hants.gov.uk/smartliving](http://www.hants.gov.uk/smartliving)  
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**Twitter:** @SmartLiving\_hcc **Facebook:** @Smartliving- Hampshire

## #2 Potatoes



*4.4 million a day – almost half of all potatoes bought*

## #3 Milk



*3.1 million glasses a day*

## #4 Cheese



*3.1 million slices a day*