

Food Waste Covid 19 Survey

Consultation Output Report

South Gloucestershire Council

Author: Corporate Research & Consultation Team
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CONTENTS

Section	Page
1. Key Findings	3
2. Consultation purpose, methodology, and response	4
3.0 Survey Analysis	5
3.1 Planning and preparing food	5
3.2 Storage and food waste	8
3.3 Long term changes	9
3.4 Food waste collection service	11
3.4 Profile of survey respondents	19
4.0 Appendices:	23
4.1 A Copy of consultation survey	23
4.2 Top tips	29

1. Key Findings

- The majority of respondents indicated that the way that they **plan and prepare food** e.g. checking cupboards/freezer before going shopping, planning meals and cooking from scratch has not changed from before the outbreak of Covid-19. With the exception of doing a larger shop at the supermarket, 38% of respondents indicated that they now do this more than before.
- Again for **storage and food waste**, the majority of respondents indicated that they do things such as using/saving leftovers, using the freezer and home composting the same as before the outbreak of Covid-19.
- The majority of respondents indicated that for **long term changes** such as checking cupboards, writing a shopping list and planning meals that they previously had done this. This was followed by respondents indicating that they intend to do this in future.
- Over three quarters of respondents (78%) use the **food waste collection service** weekly, followed by never use the food waste collection service. (14%)
- Out of the respondents who have used the service the largest number of them (90%) like the weekly collections. 78% of respondents like that it is better for the environment and 71% like the easy to use service. 59% of respondents like that this stops their kitchen or black bin from smelling and 49% like that you can use any bag/liner. 47% indicated that it is a good quality caddy/food bin 47% also like that there is a free replacement bin or food caddy.
- The majority of respondents had not experienced any issues with the food waste collection service.
- The largest number of respondents (73%) think that more information about how food waste is recycled after it's collected will encourage people to use the food waste service. This was followed by 63% who think more information on the impact of food waste on climate change. 57% think that more information on how much food waste is collected and the cost to the council will help. 48% think promoting home composting will help and 44% would like to see a regular e newsletter with tips for preventing food waste.
- There was an even split between respondents who were aware that their food waste was used to generate electricity and non-chemical fertiliser. 50% said yes they were aware and 50% said no they were not aware.

2. Consultation purpose, process and response

Purpose

The purpose of this consultation was to seek views and gather opinions from residents on the way their food habits including planning and preparing meals and storage and waste have changed during the Covid-19 pandemic.

Process and response

An online survey was sent out to residents. There was a total of 1220 online responses to the survey

General Caveats

The results of this consultation are not statistically representative of the views of South Gloucestershire residents due to the nature of the consultation methodology used. The level of response, information gathered and views obtained still provide a useful indicator of wider opinion and any important issues that will need to be considered.

Due to the software used and the different response options open to respondents, it was possible for people to submit more than one response. This has been monitored during the consultation period and analysis and it does not appear to have been abused or be a significant issue affecting the response.

Any obvious duplicate comments, personal information and comments that can identify individuals, have been removed from the comments analysis.

Percentages used in this report have been rounded and may not add up to exactly 100%. For some survey questions, respondents could select more than one response which also means that percentages or number of responses, if added together, can total more than 100% or more than the number of responses received.

A full list of all comments made is available on request

Further Information

This report was produced by South Gloucestershire Council's Corporate Research & Consultation Team.

Further information about this report is available from the Corporate Consultation Officer:

📞 01454 863297

✉️ consultation@southglos.gov.uk

💻 www.southglos.gov.uk

📧 South Gloucestershire Council, Corporate Research and Consultation Team, Council offices, Badminton Road, Yate, Bristol, BS37 5AF

3.0 Survey Analysis

3.1 Planning and preparing food

Q1. Thinking about how you decided what to cook and how you bought food before the Covid-19 outbreak, please tell us if and how this has changed for you?

The highest number of respondents (58%) indicated that they 'check their cupboards and fridge/freezer before going shopping' the same as before. 40% indicated that they do this more than before.

70% of respondents indicated that they 'write a shopping list' the same as before, 27% indicated that they do this more than before.

61% 'plan meals' the same as before and over a quarter of respondents 29% do this more than before. 67% 'cook from scratch' the same as before, 31% do this more than before.

Over half of respondents 56% 'use what they have left in the cupboards/fridge' the same as before, 42% are doing this more than before.

Again, 70% of respondents 'cook a few meals for the week in one go' the same as before and 10% do this more than before. 42% 'use local shops' the same as before, 38% do this more than before.

44% 'use local food delivery services' the same as before, just under a quarter of respondents 24% do this more than before. 38% of respondents now do 'a larger shop in the supermarket' more than before, 37% are doing this the same as before.

33% are 'using online supermarket delivery services' the same as before and 29% are doing this more than before.

Table. Q1. Thinking about how you decided what to cook and how you bought food before the Covid-19 outbreak, please tell us if and how this has changed for you?

Counts	Total					
Analysis %						
Respondents		More than before	Same as before	Less than before	Did not do this before	Not applicable
Checking my cupboards and fridge/freezer before going shopping	1204	483	703	11	4	3
		40%	58%	1%	0%	0%
Writing a shopping list	1194	326	830	13	18	7
		27%	70%	1%	2%	1%
Planning my meals (e.g. doing a weekly food planner for meals)	1189	347	727	38	62	15
		29%	61%	3%	5%	1%
Cooking more from scratch	1201	373	800	21	5	2
		31%	67%	2%	0%	0%
Using what I have left in the cupboards/fridge	1204	509	675	13	7	-
		42%	56%	1%	1%	-
Cooking a few meals for the week in one go (batch cooking)	1173	121	818	89	103	42
		10%	70%	8%	9%	4%
Using local shops	1191	452	500	195	22	22
		38%	42%	16%	2%	2%
Using local food delivery services (e.g. milk/butcher/bakery/veg)	1150	278	511	86	173	102
		24%	44%	8%	15%	9%
Doing a larger shop in the supermarket	1173	446	429	245	25	28
		38%	37%	21%	2%	2%
Using on-line supermarket delivery services	1141	328	381	160	165	107
		29%	33%	14%	15%	9%

Base size= see individual questions

Q2. Please use this space to tell us anything else about how your planning, preparing and food shopping habits have changed during this time.

The largest number of comments made in response to this question (65 comments) was that they are now shopping less frequently (one a week or fortnight) and doing a bigger shop whilst there. 62 comments were made that they have increased their use of online shopping and home deliveries, this was partly due to shielding or not wanting to go to the shops. 51 comments were made that they plan all of their meals now including breakfast, lunches and dinners as they no longer eat out. 50 comments were made that they are conscious not to waste food and use up all of their ingredients.

Slightly less comments were made (24) that they are now shopping at smaller, local shops to avoid going to the larger supermarkets. 23 comments were made that they give more consideration to what they buy, including purchasing more fresh foods. 19

comments were made that they now shop with smaller independent stores, partially to avoid supermarkets but also to support local businesses. 18 comments were made that their food habits have not changed from before the Covid-19 outbreak.

13 comments were made that they now eat more healthy fresh foods regularly. 13 comments were also made that due to eating a healthier diet, fresh food and cooking from scratch they are now spending more money on food. 10 comments were made that they are eating less takeaways or eating out. 9 comments were made that they have increased their use of click and collect in the large supermarkets. 8 comments were made that they are deliberately buying or stockpiling on foods that have a longer shelf-life. 7 comments were made they are shopping more frequently due to a lack of stock in the supermarkets and 6 comments were made that they had resorted to growing their own fruit and vegetables.

Table 2. Q2. Please use this space to tell us anything else about how your planning, preparing and food shopping habits have changed during this time.

Theme	Number of comments
Shopping less frequently/doing a bigger shop	65
Increase use of home deliveries/online shopping	62
Planning all meals breakfast/lunch/dinner	51
Not wasting food/using all ingredients	50
Cooking from scratch more frequently	24
Shopping at smaller stores/avoiding supermarkets	24
More consideration of ingredients/ buying more fresh food	23
Using smaller independents bakers/butchers etc.	19
Food habits have not changed	18
Freezing more food	17
Eating more fresh food	13
Spending more money on food	13
Eating out less/buying less takeaways	10
Increase use of click and collect service	9
Buying foods that have a longer shelf life	8
Shopping more frequently	7
Growing my own fruit and veg	6

3.2 Storage and food waste

Q3. Thinking about how you stored food and your food waste before covid-19 compared to now, please tell us if and how this has changed?

Over three quarters of respondents (77%) 'Use and save leftovers' the same as before. 22% are doing this more.

66% are 'using their freezer' the same as before, 33% are doing this more than before. 68% are 'home composting' the same as before, 12% indicated that they did not do this before.

63% indicated that the 'amount of food they throw away' is the same as before, 28% indicated that it is less than before.

Table 3. Q3. Thinking about how you stored food and your food waste before covid-19 compared to now, please tell us if and how this has changed?

Counts						
Analysis %						
Respondents	Total	More than before	Same as before	Less than before	Did not do this before	Not applicable
Using and saving leftovers	1203	261	924	5	7	6
		22%	77%	0%	1%	1%
Using my freezer	1207	400	799	6	1	1
		33%	66%	1%	0%	0%
Home composting	1170	105	792	41	134	98
		9%	68%	4%	12%	8%
Amount of food I throw away	1204	53	754	342	38	17
		4%	63%	28%	3%	1%

Base size= see individual questions

Q4. Please use this space to tell us anything else about changes to your food waste or how you store food at this time.

The largest number of comments made in response to this question (32) was that they did not produce food waste or if they did it was a minimal amount. 28 comments were made that they now compost their food waste. 28 comments were also made that they freeze more food than before. 25 comments were made that their food waste habits have not changed.

23 comments were made that they use up more leftovers and always use up what is in the cupboards. 16 comments were made that they now choose to store longer lasting items. 16 comments were also made that they now feel they create more food waste such as peelings, bones etc. 14 comments were made that they hate wasting food. 10 comments were made that they are more aware of the ingredients that they buy with a further 7 comments that they now buy fresh food items. 6 comments were made that they throw away more food as they are doing a larger shop and 3 comments were made that they now batch cook.

Table 4. Q4. Please use this space to tell us anything else about changes to your food waste or how you store food at this time.

Theme	Number of comments
I produce no/very little food waste	32
I now compost my food waste	28
I freeze more food than I used to (bread,milk,meat and veg)	28
Food waste habits have not changed	25
I now use more leftovers/always use what's in the cupboards	23
I store more longer lasting food items	16
I create more waste i.e. peelings/bones etc.	16
I do not like wasting food	14
More aware of ingredients and not wasting any food	10
Buying more fresh items to cook from scratch	7
Throwing away more food as now doing a bigger shop	6
I plan my meals and batch cook	3

3.3 Long term changes

Q5. Thinking about any new habits, are there any that you will carry on with?

38% of respondents said that yes they will 'check their cupboards and fridge/freezer before going shopping, 2% indicated that they will not. 31% indicated that yes they will 'write a shopping list' 4% indicated they will not.

29% indicated that yes they will 'plan their meals' 14% said they will not. 31% intend to 'cook from scratch' 3% do not.38% indicated that 'they will use what they have left in the cupboards/fridge, 2% will not. 32% said that they will continue to 'use and save leftovers' 3% will not

Table 5. Q5. Thinking about any new habits, are there any that you will carry on with?

Counts	Total				
Analysis %					
Respondents	Total	Yes	No	Maybe	I did this before
Checking my cupboards and fridge/freezer before going shopping	1183	444	22	30	687
		38%	2%	3%	58%
Writing a shopping list	1174	363	50	39	722
		31%	4%	3%	62%
Planning my meals (e.g. doing a weekly food planner for meals)	1159	334	164	160	501
		29%	14%	14%	43%
Cooking from scratch	1169	360	32	66	711
		31%	3%	6%	61%
Using what I have left in the cupboards/fridge	1181	448	23	43	667
		38%	2%	4%	57%
Using and saving leftovers	1167	370	35	55	707
		32%	3%	5%	61%
Make plans for using fresh food before it goes off or reaches its use by date	1181	438	19	43	681
		37%	2%	4%	58%
Cooking a few meals for the week in one go (batch cooking)	1143	163	331	197	452
		14%	29%	17%	40%
Using local shops	1167	475	99	233	360
		41%	9%	20%	31%
Using local food delivery services (e.g. milk/butcher/bakery/veg)	1120	243	500	223	154
		22%	45%	20%	14%
Composting	1139	183	429	104	423
		16%	38%	9%	37%
Doing a larger shop in the supermarket	1157	330	305	189	333
		29%	26%	16%	29%

Base size = see individual questions

3.4 Food Waste Collection Service

Q6. I use the food waste collection service

Over three quarters of respondents (78%) use the food waste collection service weekly, followed by never use the food waste collection service. (14%)

Table 6. Q6. I use the food waste collection service?

Counts	
Analysis %	
Respondents	
Base	1208 100.00%
I use the food waste collection service	
Weekly	937 78%
Fortnightly	77 6%
Monthly	26 2%
Never	168 14%

Base = 1208 all respondents

Q7. If you have used our food waste recycling collections, please tell us what you like about the service.

Out of the respondents who have used the service the largest number of them (90%) like the weekly collections. 78% of respondents like that it is better for the environment and 71% like the easy to use service. 59% of respondents like that this stops their kitchen or black bin from smelling and 49% like that you can use any bag/liner. 47% indicated that it is a good quality caddy/food bin 47% also like that there is a free replacement bin or food caddy.

Table 7. Q7. If you have used our food waste recycling collections, please tell us what you like about the service.

counts	
Analysis %	
Respondents	
Base	1052
	100.00%
If you have used our food waste recycling collections, pl...	
Weekly collections	942
	90%
Better for the environment	820
	78%
Easy to use service	747
	71%
Stops my kitchen/black bin from smelling	615
	59%
Can use any bag/liner	513
	49%
Good quality caddy/food bin	494
	47%
Free replacement caddy/food bin	493
	47%
Other	42
	4%

Base size = 1052 users of the food waste recycling collections

Q8. Have you experienced any of the following issues with the service?

83% of respondents have not experienced missed collections or delayed collections, 17% of respondents had. 93% had not experienced any issues with storing their food recycling bin, 8% had.

68% of respondents had not had any issues with smells from the food recycling bin or kitchen caddy, 32% had. 71% had not experienced maggots in the food recycling container, 29% had.

80% of respondents had not experienced foxes or other pests accessing the bin, 21% had and 87% had not experienced any issues with replacing the recycling bin if broken or missing whereas 13% had.

Table 8. Q8. Have you experienced any of the following issues with the service?

Counts			
Analysis %			
Respondents	Total	Yes	No
Food waste collections (missed collections, delays to collections etc.)	1023	174 17%	849 83%
Storing your food recycling bin	990	74 8%	916 93%
Smells from your food recycling bin or kitchen caddy	1025	324 32%	701 68%
Maggots in your food recycling containers	1032	297 29%	735 71%
Foxes/other pests accessing the bin	1011	207 21%	804 80%
Replacing the food recycling bin if it is broken or missing	970	129 13%	841 87%

Base size= see individual questions

Q9. If you answered yes to any of the above, please provide some more information about how this affected your use of the service and whether you found a solution.

The largest number of comments made by respondents (23) was that they had experienced issues with foxes and vermin. 21 comments were made that the bin smells in hot weather. 8 comments were made that they had experienced missed collections. 6 comments were made that they do not like cleaning out the bin, another 6 comments were made that they are unable to keep the bin in their kitchen due to the smell. 5 comments were made that they are not happy that bins get broken and thrown around by refuse collectors. 4 comments were made that a fortnightly collection is not frequent enough for food waste. 4 comments were also made that when food waste is left outside it attracts foxes, cats and other animals. 2 comments were made that the bin is not large enough.

Table 9. Q9. If you answered yes to any of the above, please provide some more information about how this affected your use of the service and whether you found a solution.

Theme	Number of comments
Problems with vermin i.e. foxes, maggots, flies	23
Smells in hot weather	21
Missed collections	8
Do not like cleaning the bin	6
Cannot keep bin in the kitchen/house	6
Bins get broken/ thrown around	5
2 week collection is not frequent enough	4
When left outside attracts vermin	4
Bin is not large enough	2

Some of the solutions suggested are listed below

Re animals accessing food from bin, this has only happened once, I now make sure that food is carefully wrapped and lid is locked. Re maggots, they only occur occasionally in really hot weather, so I make sure food is well wrapped and wash bin with disinfectant and spray with fly killer

It only occurred in hot weather when I was eating meat (I don't now) a few years ago. Used hot water over the bin then once collected, bleached and hot water

I have experienced most of the issues over time, and have come up with solutions to them, none would stop me using the food waste service. We now store our large food waste bin inside an outdoor box, this prevents foxes getting to it and reduces the amount of flies and maggots.

I have noticed that during lockdown an awful more recycling bins are being raided by foxes. In one way I don't mind that, as animals need to eat and feed their young but it is difficult to clear up. As I have cut down on food waste, I only have about one bag a week if that, so now put that out as close to collection day as possible. I also put another recycling container on top to try and stop animals getting to it.

Keep a bag of meat waste in the freezer until collection, we keep a brick on the food bin to deter foxes, the one time we had maggots was horrifying which is why we keep a bag in the freezer !

The food waste bin was damaged during a collection but it was replaced very easily by the Council

I have put the provided caddy in the utility room and bought a caddy with a filter for the kitchen

Q10. If you have never used the food waste service or have tried to, but stopped, please tell us a little bit more about why to help us understand why people might not use the service

The largest number of comments made (34) was that they prefer to home compost rather than use the food waste service. 29 mentions were made that they do not produce any food waste or that they produce very little to warrant using the service. 10 comments were made that they had experienced problems with foxes and other pests. 9 comments were made that they do not have the facilities or space to store food waste bins. 8 comments were made that they do not like the smell produced by food waste and 5 comments were made that it is too inconvenient.

Table 10. Q10. If you have never used the food waste service or have tried to, but stopped, please tell us a little bit more about why to help us understand why people might not use the service

Theme	Number of comments
Prefer to compost	34
I do not produce any food waste	29
Not applicable	25
Problems with foxes and vermin	10
No facilities to store the food waste	9
Do not like the smell	8
Too inconvenient	5
Do not want to store food outside	3
Bins are not emptied frequently enough	3
The service should be made compulsory	3

Q11. How do you think the council could help people prevent food waste at home or encourage people to use the food waste service?

The largest number of respondents (73%) think that more information about how food waste is recycled after its collected will encourage people to use the food waste service. This was followed by 63% who think more information on the impact of food waste on climate change. 57% think that more information on how much food waste is collected and the cost to the council will help. 48% think promoting home composting will help and 44% would like to see a regular e newsletter with tips for preventing food waste.

34% think it would be helpful to show case studies of what other people do, 27% would like pop-up stalls to talk to people about reducing their food waste. 27% also think it would be helpful to share more information on social media. 14% would like to see food waste prevention events.

Table 11. Q11. How do you think the council could help people prevent food waste at home or encourage people to use the food waste service?

Counts	
Analysis %	
Respondents	
Base	1104
	100.00%
How do you think the council could help people prevent fo...	
More information about how food waste is recycled after it is collected	810
	73%
More information on the impact of food waste on climate change	698
	63%
More information on how much food waste is collected and the cost to the council	629
	57%
Promote home composting	531
	48%
Regular e-newsletter with tips for preventing food waste	482
	44%
Case studies which what other people do	378
	34%
Pop-up stalls to talk to people about reducing their food waste	303
	27%
More information shared on social media	300
	27%
Food prevention events	149
	14%
Other	87
	8%

Base size = 1104 all respondents

Q12. Are you aware that your food waste is used to generate electricity and non-chemical fertiliser?

There was an even split between respondents who were aware that their food waste was used to generate electricity and non-chemical fertiliser. 50% said yes they were aware and 50% said no they were not aware.

Table 12. Q12. Are you aware that your food waste is used to generate electricity and non-chemical fertiliser?

Counts	
Analysis %	
Respondents	
Base	1199
	100.00%
Are you aware that your food waste is used to generate el...	
Yes	599
	50%
No	600
	50%

Base = 1199 all respondents

Q13. We would love to hear your top tips for preventing food waste to share with other residents. Please use this space to tell us about them.

Composting must be no1! Even if you don't plan to use the end product, the volume reduces so quickly. We have reduced our collected food waste output by 50% at least and I could survive with a bi-weekly collection schedule. Spend saved money on free pest-proof compost bins for all?

Checking use by dates at the shop and picking things from the back of the shelf. Using the short-life foods in the first couple of meals after I shop and saving the longer-life food for later in the week. Putting the short-life food on the same shelf in the fridge where it's easy to see and not in a drawer where it's easy to forget about it. Having a daily rummage in the fridge for things that need eating up.

Share or swap. We all sometimes make an error with planning meals, or buy something that no one likes, but technically nil wrong with it. Growing your own food makes you mindful of the effort you put into nurturing it, so less likely to waste it. Make sure you get the end of food out of cans by rinsing out with a drop of water, like tinned tomatoes when making a sauce.

Using vegetable peel and any almost out of date vegetables aswell as meat bones to make stocks which you can freeze.

Cut up fruit or veg and store in appropriate containers, it doesn't last in plastic!!! There are lots of ideas out there you can buy to help prolongue the life of fruit and veg. Fruit and veg can always be frozen if you aren't going to eat in time. Or better buy some of the staple already frozen so less waste.

Use stale bread to make breadcrumbs or crutons. Make "bottom of the fridge soup" enhance the changes with different herbs. Grow our own herbs in pots (saves throwing away unused fresh hers bought in bags.

Avoid 2-1 offers unless you are sure you can use every piece; don't. be a slave to best by dates use some intelligence, it is best by not do not eat after this date.....To save money shop early or late when reductions are made, generally they are just odd things left and the shops need the space for fresh products and are perfectly good. Encourage people to wash out cans and bottles before putting in waste bin, helps smell and why should other people have to deal with my mess ? PS when are we going to do something about litter ?

Use chicken carcasses to make stock which can then be used for risottos and casseroles. Eat more vegetarian dishes. Use those dried herbs and spices languishing in the back of the cupboard. Get out your cookery books and try new recipes. Be inventive and modify your usual recipes to ring the changes.

I have a wormery and use the liquid produced to fertilise my vegetables!

Coffee grounds go in the compost and tea bags are split and contents spread around camellias and rhododendrums.

3.5 Profile of Survey Respondents

Q15. Are you?

Counts	
Analysis %	
Respondents	
Base	1193
	100.00%
Are you?	
Female	837
	70%
Male	317
	27%
Prefer not to say	39
	3%

Base = 1193

Q16. Your age?

Counts	
Analysis %	
Respondents	
Base	1196
	100.00%
Your age?	
16-24	5
	0%
25-34	76
	6.4%
35-44	143
	12%
45-54	229
	19%
55-64	315
	26%
67-75	263
	22%
Over 75	119
	10%
Prefer not to say	46
	4%

Base = 1196

Q17. Do you consider yourself to be disabled?

Counts	
Analysis %	
Respondents	
Base	1196
	100.00%
Do you consider yourself to be disabled?	
No	1052
	88%
Prefer not to say	32
	3%
Yes- Physical impairment	32
	3%
Yes- Sensory impairment - hearing	24
	2%
Yes- Sensory impairment- visual	4
	0.3%
Yes- Mental health condition	11
	1%
Yes- Learning disability/difficulty or cognitive impairment	4
	0.3%
Yes- Long standing illness or health condition	68
	6%
Yes- Other (please state)	6
	1%

Base = 1196

Q18 How many adults live in your household?

Counts	
Analysis %	
Respondents	
Base	1193
	100.00%
How many adults live in your household?	
1	206
	17%
2	796
	67%
3	116
	10%
4	63
	5%
Over 5	12
	1%

Base = 1193

Q19. How many children live in your household?

Counts	
Analysis %	
Respondents	
Base	1188
	100.00%
How many children live in your household?	
None	922
	78%
1	120
	10%
2	120
	10%
3	20
	2%
4	3
	0.30%
Over 5	3
	0.30%

Q20. Please tell us your ethnic origin?

Counts	
Analysis %	
Respondents	
Base	1181
	100.00%
Please tell us your ethnic origin	
Asian/Asian British- Chinese	1
	0.1%
Asian/Asian British- Indian	6
	1%
Black/African/Caribbean/Black British African	2
	0.2%
Black/African/Caribbean/Black British Caribbean	1
	0.1%
Mixed/Multiple ethnic group- White and Asian	5
	0.4%
Mixed/Multiple ethnic group- White and Black African	2
	0.2%
Mixed/Multiple ethnic group- White and Black Caribbean	3
	0.3%
White- English/Welsh/Scottish/Northern Irish/British	1033
	88%
White Other	52
	4%
Prefer not to say	69
	6%
Other	7
	1%

Base = 1181

4.0 Appendices

4.1 A copy of the survey



Have you changed the way you buy, store or cook food during the Coronavirus pandemic?

The coronavirus pandemic has changed the way we live, including the way we shop, what we buy, how we store food and plan our meals. We want to find out whether people in South Gloucestershire have changed their food habits during this time, and if there are any positive changes they might stick to in the future.

In 2019/20 we collected 9,256 tonnes of food waste, which is equivalent to around 86kg per household. We also know that 26% of waste in the average black bin is food waste. If the food waste found in the black bins was recycled in the food bin or better still, prevented in the first place, it would save the council about £783k per year.

Wasted food has a significant environmental impact and is one of the biggest contributors to carbon emissions. In 2019 South Gloucestershire Council declared a climate emergency and has pledged to become carbon neutral by 2030. All of us making positive changes to prevent food waste at home will help reduce our individual carbon footprint and help reach that target.

We have an opportunity to learn from each other and share ideas. We plan to promote the results and use them to promote food waste reduction ideas to our residents. Thank you for taking part in this survey.

Planning and preparing food

Q1 Thinking about how you decided what to cook and how you bought food before the Covid-19 outbreak, please tell us if and how this has changed for you

	More than before	Same as before	Less than before	Did not do this before	Not applicable
Checking my cupboards and fridge/freezer before going shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing a shopping list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning my meals (e.g. doing a weekly food planner for meals)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking more from scratch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using what I have left in the cupboards/fridge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking a few meals for the week in one go (batch cooking)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using local shops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Using local food delivery services (e.g. milk/butcher/bakery/veg)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing a larger shop in the supermarket	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using on-line supermarket delivery services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Q2 Please use this space to tell us anything else about how your planning, preparing and food shopping habits have changed during this time

Storage and food waste

- Q3 Thinking about how you stored food and your food waste before Covid-19 compared to now, please tell us if and how this has changed

	More than before	Same as before	Less than before	Did not do this before	Not applicable
Using and saving leftovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using my freezer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home composting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amount of food I throw away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Q4 Please use this space to tell us anything else about changes to your food waste or how you store food at this time.

Long term changes

- Q5 Thinking about any new habits, are there any that you will carry on with?

	Yes	No	Maybe	I did this before
Checking my cupboards and fridge/freezer before going shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing a shopping list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning my meals (e.g. doing a weekly food planner for meals)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking from scratch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using what I have left in the cupboards/fridge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using and saving leftovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make plans for using fresh food before it goes off or reaches its use by date	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cooking a few meals for the week in one go (batch cooking)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using local shops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using local food delivery services (e.g. milk/butcher/bakery/veg)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Composting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing a larger shop in the supermarket	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Food waste collection service

We would love to hear about how you use our food waste recycling collections, so we can improve the service and the way we communicate with residents

Q6 I use the food waste collection service

- ☐ Weekly
☐ Fortnightly
☐ Monthly
☐ Never

Q7 If you have used our food waste recycling collections, please tell us what you like about the service?

- ☐ Weekly collections
☐ Can use any bag/liner
☐ Good quality caddy/food bin
☐ Free replacement caddy/food bin
☐ Easy to use service
☐ Better for the environment
☐ Stops my kitchen/black bin from smelling
☐ Other

Other (please state)

Q8 Have you experienced any of these issues with the service?

	Yes	No
Food waste collections (missed collections, delays to collections etc)	<input type="radio"/>	<input type="radio"/>
Storing your food recycling bin	<input type="radio"/>	<input type="radio"/>
Smells from your food recycling bin or kitchen caddy	<input type="radio"/>	<input type="radio"/>
Maggots in your food recycling containers	<input type="radio"/>	<input type="radio"/>
Foxes/other pests accessing the bin	<input type="radio"/>	<input type="radio"/>

Replacing the food recycling bin if it is broken or missing

☐☐

Other (please state)

- Q9 If you answered 'yes' to any of the questions above, please provide some more information about how this affected your use of the service and whether you found a solution

- Q10 If you have never used the food waste service or have tried to, but stopped, please tell us a little bit more about why to help us understand why people might not use the service

- Q11 How do you think the council could help people prevent food waste at home or encourage people to use the food waste service? (please tick all that apply)

- ☐ Regular e-newsletter with tips for preventing food waste
- ☐ More information shared on social media
- ☐ Case studies which what other people do
- ☐ More information about how food waste is recycled after it is collected
- ☐ More information on how much food waste is collected and the cost to the council
- ☐ More information on the impact of food waste on climate change
- ☐ Pop-up stalls to talk to people about reducing their food waste
- ☐ Food prevention events
- ☐ Promote home composting
- ☐ Other

Other please state

- Q12 Are you aware that your food waste is used to generate electricity and non-chemical fertiliser?

- ☐ Yes
☐ No

- Q13 We would love to hear your top tips for preventing food waste to share with other residents. Please use this space to tell us about them. We won't share your personal details with anyone else.

For information about waste and recycling services, please visit

We also share information to residents on social media

For more ideas on how to reduce your food waste, recipe ideas and much more, please visit

For more information on Climate Change in South Gloucestershire, please visit

About You

To help us understand more about how our services impact on different people, please would you answer the following optional questions about yourself. This information will only be used for analysis and any personal information will not be published

Q14 Please tell us your full postcode

Q15 Are you?

- ☐ Female
☐ Male
☐ Prefer not to say

Q16 Your age?

- | | |
|-----------------------------|---|
| <input type="radio"/> 16-24 | <input type="radio"/> 55-64 |
| <input type="radio"/> 25-34 | <input type="radio"/> 67-75 |
| <input type="radio"/> 35-44 | <input type="radio"/> Over 75 |
| <input type="radio"/> 45-54 | <input type="radio"/> Prefer not to say |

Q17 Do you consider yourself to be disabled?

- ☐ No
☐ Prefer not to say
☐ Yes- Physical impairment
☐ Yes- Sensory impairment - hearing
☐ Yes- Sensory impairment- visual
☐ Yes- Mental health condition
☐ Yes- Learning disability/difficulty or cognitive impairment
☐ Yes- Long standing illness or health condition
☐ Yes- Other (please state)

Other

Q18 How many adults live in your household?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Over 5

Q19 How many children live in your household?

- ☐ None
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Over 5

Q20 Please tell us your ethnic origin

- | | |
|---|--|
| <input type="radio"/> Arab | <input type="radio"/> Mixed/Multiple ethnic group- White and Asian |
| <input type="radio"/> Asian/Asian British- Bangladeshi | <input type="radio"/> Mixed/Multiple ethnic group- White and Black African |
| <input type="radio"/> Asian/Asian British- Chinese | <input type="radio"/> Mixed/Multiple ethnic group- White and Black Caribbean |
| <input type="radio"/> Asian/Asian British- Indian | <input type="radio"/> White- English/Welsh/Scottish/Northern Irish/British |
| <input type="radio"/> Asian/Asian British- Pakistani | <input type="radio"/> White Other |
| <input type="radio"/> Black/African/Caribbean/Black British African | <input type="radio"/> Prefer not to say |
| <input type="radio"/> Black/African/Caribbean/Black British Caribbean | <input type="radio"/> Other |
| <input type="radio"/> Gypsy or Traveller | |

Other

Thank you for taking the time to complete our survey. Reducing food waste is good for the pocket and the planet. We want to continue to help residents to reduce the amount of food waste in South Gloucestershire and your answers will help us to do this. Please press **SUBMIT** to send us your answers

4.2. We would love to hear your top tips for preventing food waste to share with other residents. Please use this space to tell us about them.

We would love to hear your top tips for preventing food w...
When vegetables are starting to look tired I make vegetable curry or chilli. Easy and tasty.
Been baking my own sourdough bread for years. Zero waste
Only buy what you no you will use DONT panic buy any food look at it as money down the drain . If you do throw food out work out how much it cost you to buy it may make you think twice that odd 50 p here £1.00 soon adds up over the year
Composting behind a garden shed takes up no space but need more info. Mine takes 2 years so I need 3 compost bins. Not everyone has the space. Educate infants in school (perhaps a stall in the school fetes), little ones are Your potential adults.
Freeze vegetables that you are not going to be able to use. I've recently frozen swede, carrots and butternut squash. Soups are also useful to make as you can use leftovers.
When unpacking food after shop we put list of the meat used by dates on the fridge door.
Open the fridge and make something out the leftovers. Be brave. All veg looking a bit sad can be cooked up and whizzed into a soup or sauce and put in the freezer. Just experiment.
Observe how much you buy and how much you end up eating. Buy only as much as you and your family can eat. Sometimes itis more economical and less wasteful to buy loose vegetables instead of bulk packs.
We have two bins in the kitchen. 1) weekly collection 2) compost
Lemons squeezed and juice frozen if skins gone hard so not wasted.
Make a shopping list and buy only what you need Keep bananas away from other fruit - bananas can cause nearby fruit to ripen faster You can freeze so many foods that you may not think you can - bread, stock, raw and cooked meat, cooked pasta, peeled bananas, un-iced cake and so on.
Meal planning, freezing and only buying what I need
Composting must be no1! Even if you don't plan to use the end product, the volume reduces so quickly. We have reduced our collected food waste output by 50% at least and I could survive with a bi-weekly collection schedule. Spend saved money on free pest-proof compost bins for all?
Freezing raw fish and chicken waste until the day of collection helps prevent smells

Some people will always waste food but think it's checking your fridge store cupboard and every other month we eat from the freezer and just buy fresh ingredients saves the freezer being too full and makes sure food is used up
get a compost bin
We use our nose and generally ignore best before or use by dates. If it smells ok it probably is ok to use.
Cook from fresh ingredients. Only buy and cook what you will use, batch cook when you can. Plan your menus, plan your shopping and cut costs
Be creative with left overs. Make up your own recipes.
Plan ahead. Don't order more than you need. Donate any extra to family.
Freeze leftovers / eat the next day, plan meals around what needs to be used, meal plan, write a shopping list and stick to it
Plan ahead. Don't buy more than you need. Be flexible; if a recipe calls for a specific ingredient you can substitute, eg frozen peas instead of mange tout. Experiment.
Try to prepare less food to eat and reuse any surplus the next day in a casserole
Once a week I make a vegetable soup (or it could be a risotto) with the less nice looking bits of veg in my fridge along with a frozen bag of veg. It uses some veg that would otherwise be binned. I also make my own stock from chicken bones.
check your fridge and put the food that needs using first at the front so you don't forget about it.
Use 'Display/Sell by dates' only, encourage people to use their eyes, nose and taste to check viability of foods and not throw foodstuff away at the 'Best before' dates shown on packets.
Plan your weekly meals, use left over veg to make soup
Freeze leftovers
virtually any leftovers can be turned into a soup
One of the best things about food recycling is that we now have far less in the normal waste (stuff that can't be recycled)
a home compost bin
Only buy what you need, plan, use freezers to store food, keep a store cupboard, don't buy take away food cook from scratch you'll appreciate your meal, support your local farmers shops and local food shops keep it local reduce food miles
Use common sense when it comes to use by dates. Only put on your plate what you know you can eat.
Don't buy more than you need, don't be taken in by 'best before date' most food if it looks alright is alright and make something else out of the left overs and less tasty bits.
Plan meals

Checking use by dates at the shop and picking things from the back of the shelf. Using the short-life foods in the first couple of meals after I shop and saving the longer-life food for later in the week. Putting the short-life food on the same shelf in the fridge where it's easy to see and not in a drawer where it's easy to forget about it. Having a daily rummage in the fridge for things that need eating up.
Doing a weekly meal plan and having a shopping list
Open bags of potatoes and salad mushrooms so that they don't sweat and put a piece of kitchen towel in the bag it keeps it fresh longer.
Encourage school children to cook from scratch and how to prepare food for freezing this then makes cooking from scratch easier when time is short
I do not have much food waste because have Wiltshire farm foods deliverd
Ignore use by dates and use your nose to test food
Regularly checking use by dates on food. Cooking meals according to use by dates on items in the fridge. Regularly sorting through cupboard items. Creating meals based on the food that needs using up first. Only putting out a few items of fruit in the fruit bowl at a time and keeping the rest in the fridge to keep it fresh for as long as possible.
Don't worry about 'Best before ' dates but take note of 'Use by' dates
Plan a weekly menu and don't shop on empty stomach.
If I can't think what to do with any leftover fresh produce then I just Google it. Invariably there is a recipe and nearly always one that can be frozen.
Only buy exactly what you plan to cook that week.
Only buy what you need and check use by dates.
Plan your family meals for the week.Shop for food you need rather than what you want.
plan ,cook from scratch , dont buy too much
Only buy what you will use. Freeze leftovers. Batch cook.
Plan meals before shopping. Get inspired by innovative cookery books by Joe Wickes and Dr Rupy Aujla. Buy more fruit & vegetables to eat healthily & fizz with energy & vitality. Cut out the quick fix ready made meals, cakes, sweets & chocolate or make your own from scratch.
After cooking a roast chicken on day 1, I then cook a curry or other chicken dish on day 2. For day 3 I boil the carcass and make stock which I use in homemade chicken soup. The only thing that goes in the food waste is the bones. This is also a great money saving tip as 1 whole chicken creates 3 meals.
Only buy what you need!!

think about what you are buying- do you really really need it - and check the sell by dates of any items you won't use up quickly
Make soup, freeze and use at a later date, feed to birds. We don't put any waste in the bin, just peelings etc
I make it a matter of pride that very little food is wasted in our house and sometimes the warmed up/re-presented food is more interesting than the first time it is served.
I am always keeping my eyes open to what other people do, recently found out you can use banana skins around tomato plants as they are a good fertiliser...
Don't buy too much. The use by dates are only a guide with many things, with common sense you can often use things well after the use by date! Use tired looking veg in soups and casseroles. Mix leftover mashed potato with cooked onion to make home made hash browns. Soak any stale cake with sherry and make a trifle with any tinned fruit you have.
We get a weekly veg box delivery. I write a menu plan for the week based on the contents of the box and then just buy the extra bits I need to cook those meals. That way, we don't over-buy and are less likely to waste food items.
We make soups of any vegetables which we do not need or are going off, we either eat this for our lunches or freeze for a later date. We plan our weekly food before doing a food shop, and try to fit in vegetarian based meals to ensure we eat all the vegetables we buy.
Planning meals in advance has helped to cut back on waste. I go through the fridge the day before we put out food waste and throw out anything past its date. This makes us aware of how much we are wasting and we know what we have near the use before date. As throwing away food especially if it has gone off is not nice to do I think of ways to use it up.
I can't believe people can afford to waste food. We buy just enough for us and we eat what we buy. I truly don't understand how people buy food and throw it away.
Share or swap. We all sometimes make an error with planning meals, or buy something that no one likes, but technically nil wrong with it. Growing your own food makes you mindful of the effort you put into nurturing it, so less likely to waste it. Make sure you get the end of food out of cans by rinsing out with a drop of water, like tinned tomatoes when making a sauce.

You can literally make meals that cost nothing with what you already have in your fridge or vegetable rack. Stir fried, curries, stews, casseroles, omelettes, quiches and frittatas; all tasty, nutritious meals to feed your family easily and cheaply. None of these meals needs any skill or more than about twenty minutes to prepare. No excuses for wasting food.
Don't peel carrots for c
Learn to cook from scratch and to use leftovers ,how to use peelings ,make stock
don't purchase more than you can eat and use what you do buy in good time
Freeze more, lots of food can be frozen rather than thrown out Make stocks from chicken bones. Check & rotate fridge items & make into something.
Store left overs in the freezer in plastic containers. Use cooked veg left overs for soup when you have enough. I make breadcrumbs from ends of the loaf, freeze and use for cheesy toppings on lasagne, shepherds pie, and to egg and breadcrumb fish, meat ect.
Scan the fridge in the morning, see what's in the freezer and any vegetables in the garden then google what you can make with those ingredients.
Only buy what you need and never cook more than can be eaten at one sitting
home compost, plan meals, freeze or use left-overs, don't buy too much food (especially bargains with short use-by dates)
use food in order of how quickly it goes off or immediately split and freeze into smaller parts. Don't overlook canned food such as mixed beans and chickpeas. Home composting is very easy even in a small garden, add cardboard to it as well to help keep moisture down and provide a good mix for the resulting compost.
THINK ! CAN I USE THIS DIFFERENTLY, CAN I FREEZE IT, ADD TO SOMETHING ELSE, ANYTHING EXCEPT DISCARD IT
Freezing herbs and chillis Carrots, herbs, spring onions - put in water in the fridge. Improved food education - how to cook from scratch. Affordable meal ideas.
Compost. Plan meals. Portion control. Prepare less we all eat too much.
Using leftovers for mix and match meals, omelettes, with pasta etc
A recipe book compiled from recipes sent in by residents to use up leftovers . Perhaps with their back stories or photographs.

Don't assume that fruit and vegetables are inedible after the 'best before date'. It's usually fine for at least a few days afterwards.
Follow recipes, weigh food and only cook what you need. ALWAYS use anything that is left over, even adding some other ingredients to leftovers to make a lunch etc. Could ground coffee grinds be collected separately?
Do not buy multi buy products unless certain you will use them
Plan weekly menu and use food. For instance roast on Sunday then a pie with leftover meat or bubble and squeak
Plan meals. Use up any vegetables by making soup
Plan menu and only buy what is required
Only cook/serve what you intend to eat. Plan menus.
Buy less eat it up don't throw it away.
Don't be fooled by supermarket bulk discounts. Buy one get another half price just means you end up with too much and throw half of it away so it costs you more.
Be careful to buy only as much as you need until your next shop
Freeze sliced bread and just break off the amount you need for the day
When you do your weekly shop buy enough food for six days!
Only buy what you need, plan meals and use the freezer for food not required and for left overs. Bring back Home Economics to the school curriculum
use notepad on fridge door with expiry dates of food in fridge. plan meals around this.
If you cook too much, make sure the amount leftover could at least be a lunch meal for the following day. If too many vegetables are cooked, put them in the freezer in a bag...do this several times to then make a really good bubble and squeak with the leftovers, add grated cheese for extra flavour.
Composting bin in the garden
if i need a small amount of a vegetable for a meal, i cook the rest of it and freeze it in portions so that I can add it to a meal another time
Be vegan, eat vegetables, grains, pulses and beans. Take cooking lessons by watching you tube (BOSH is really easy). Meal plan; doesn't have to be exactly what you're going to have on which days but an idea of meals for the week and what will go in them. Yep people how much food can be frozen like fresh herbs in ice cube trays, whole chili's, ginger (greater straight into stir frys.
Buy what you need , planning meals And regularly check fridge ,freezer and cupboards for things that need to be used up !

Check what food is in the fridge and the use by dates frequently. In cupboards put the oldest stuff at the front and newly bought stuff at the back. Only open one pack of food at a time, and put unopened packs of same type at back of cupboard/fridge.
write down all the food in cupboard and fridge to ensure I only buy what we need and ensure we are OK with use by date.
A large dog. Compost heap.
Leftovers form the basis of the next evening meal.
skip the food shopping once every few week, to really scrape the barrel of everything in the cupboard/fridge. start growing food from scraps only cook what you can eat cook from leftovers
Buy what you need and eat it!
Keep a close eye on use by dates.
Only buy and cook what you need. Be good at cooking from scratch and being inventive with left overs.
Buy pre-chopped frozen vegetables and only use what you need, then the factories get rid of the food peel and stuff which hopefully they sell/give to pig farms.
Meal plan, use things in date order, and freeze any leftovers if not going to use them within 24 hours (if have a freezer)
Only cook what you will actually eat. Under-estimate and don't over estimate what you will eat.
Don't buy too much. Decide if something is off, don't just go by the date on it Freeze when you buy so, if you change your cooking plans, food doesn't sit too long in the fridge Make soup
I find shopping for fresh veg twice a week reduces waste, I have wasted far more fresh food by shopping and going out just once a week
Ensuring you have a bit of a plan for meals when going shopping. You don't have to be exact with the days, but having a plan means you waste less.
Use the freezer. Add leftover veg to odd dishes (chop it up small and make a pasta sauce). Make soup. Reduce portion sizes. Leftover potatoes, make potato salad.
Veg bags from Lakeland Ltd help to keep veg fresher for much longer in the fridge. Make soup with everything that is past its best.
Make a note of how much things like rice, spaghetti and potato is required and do not prepare more than needed. Invest in a soup maker.
Do t buy more than you can eat. Plan menus batch cook and freeze
Plan meals and only buy the food you need.

Plan menu and shopping list. Online shopping means no impulse buying.
Making people understand best before dates aren't the same as use by dates
Only buy what you can consume in the specified time frame. Freeze items to prolong it's shelf life eg meat and fish. Save any leftovers and reuse for another meal.
I use my judgement about whether a food product is safe to eat and dont automatically throw it away just because it has reached its sell by/use by date
Think before you buy! Do I already have this product in the kitchen and do I really need it. With special offers, ask yourself if it's a genuine saving or will the extra food end being wasted.
Only buy and cook what is needed.
I try not to make a lot of food waste peelings from veg go onto compost bin
Better education re food wastage
As single person living on their own, some products and produce you purchase are in 'family sized' packs. There is a shop in Clevedon where you take your own containers and can purchase as much as you want I.e. if you only want 2 eggs- then you don't waste unnecessary food.
Buy little and often (in normal times) shop locally plan meals learn to cook
Freeze or compost or feed to animals what you don't want
Freeze where possible any leftovers.
Make sure that the amount that you cook is right for the number of people eating!
Make sure you check your fridge regularly so that you can use up food before it goes off. If you have a few odd ingredients do a Google search for recipes containing them - there's always something.
Meal planning ahead is key. Buying can be difficult for single people because a lot of stuff in supermarkets is packaged to feed two people.
Put necessary things in date order when unpack shopping to ensure use before goes out of date.
Make soup with chicken bones. Buy better quality and smaller portions of food, e,g, meat. Throw any leftovers in a Frying pan and add eggs, makes a great value and tasty dinner. Always put any leftover food in the fridge, use for lunch the next day, or add to something else to make another meal.
Just prepare what you need don't eat to excess buy or grow fresh or frozen veg

Organise your fridge shelves in order of use buy date as that should determine what you eat/cook and when. Maybe add a note to a wall planner or use wipe off marker to write what foods are due to expire on the front of your fridge.
Plan your meals for the week ahead and only buy what you need. Compost fruit and vegetable peelings, tea bags etc.
Do not over buy, avoid 2 for one deals, be inventive with ingredients
Shop for fresh food locally, little and often.
I freeze fresh lemons cut ready in chunks. I freeze fresh ginger and fresh garlic and just grate it into my ingredients, no need for peeling or chopping and no waste. I freeze all meat and fish. Prefer to buy frozen veg for one person cooking, can just grab small amount from freezer.
Batch cooking recipe that can be made into different meals, recipes for ideas to use leftovers
Probably already done but target school children by visiting schools and explaining, they then pressurise parents. Tags on general waste bins with some simple promotion words/photos
Compost own waste . Be thrifty with the food you have.
Plan ahead and don't buy more than you need. Never throw food away. Soup is very easy to make. Numerous nutritious dishes can be made from eggs or cheese. Don't buy junk food. Bread and jam was a good meal in my youth. Jacket potatoes are easy too.
Check cupboards, fridge and freezer to see what got, plan a weeks menu using these items and just buy what else you need e.g got tuna and eggs in, lentils in, pasta in, frozen chicken, frozen veg, bag potatoes. I'd make roast chicken, potatoes and veg; leftover chicken and veg omelettes; tuna pasta bake with frozen veg (BUY PASTA SAUCE & CHEESE); jacket potatoes with cheese and salad (BUY SALAD); leftover chicken dinner with mash and vegs; chicken broth soup with lentils and pulses (BUY CHICKPEAS) ; leftover pasta bake with salad = 7 meals with little extra outlay and so on and so forth. As lockdown started, wrote down all the food I had in fridge, freezer and cupboards. I worked out on another list all the possible meals i could make for 3 of us. By using my imagination I conjured up enough meals for 30 days. This saw us through the initial early weeks of panic buying until we could do a grocery shop. Only done 4 proper shops in 23 weeks. Topped up from local shop for fresh bread, milk and f&v.
Only cook what you need. Dont put leftovers at the back of the fridge.
Plan, eat, reheat (if you can)
don't buy more than you need - freeze half loaf at a time to stop going off

We have salad or veg with every meal so just use whatever we have. Keep meals simple, meat, potatoes, veg. Also bulk out curries, stews etc with leftover veg. Have extra veg alongside pasta or curry dishes. Make bubble and squeak
Keep a pet dog or a couple of chickens. Both love scraps and are good company.
Freeze leftover bread and cereal crumbs to add crunch to crumble toppings or to feed the birds in the garden
Only cook what you need, not more.
Only buy food which you know you will use. Stop panic buying of certain food items for example when it snows during the winter.
Don't cook more than you need.
Composting even though I only have small garden. It's very easy and provides compost for my flower beds and plants. I have a wooden, slatted compost container which also fits in with my garden layout and is not out of place.
Learn how to cook. Learn how to plan and budget your weekly shop to reduce waste. Teach basic cookery again in schools and other settings where people can be taught the basics of health, nutrition and saving money.
Recipes on using left over food from meals, batch cooking & portion cooking to reduce left overs.
We greatly appreciate the service
Older or less than perfect vegetables trim them down and make simple soups.
Freezing left overs. Ensuring we try to only buy what we intent to eat. Ensuring we eat everything we put on our plates.
Make the difference between best before and use by. Stop scaring people to eat things past best by date. Freeze in portions
no great insight to offer, sorry
Plan ahead and only buy what you need. Stick to the plan.
Prepare and use only what you need, even less. A lot of food waste is because people make meals that are too much for people to eat. If you ever go to restaurants you will see that meals served are way in excess of what customers can eat thus causing wasted food.
Only buy what you need and use left overs up next day so you don't get any waste
Use the food you have
Plan, batch cook, use what you have. Freeze for another day. Defrost before the day (plan). Use websites for what to cook with what you have.
Home composting is the single biggest reduction. All non-animal waste goes into our compost.

Using whole plant eg riot to fruit cooking
Check what you have in stock already for buying more
I would like to have access to non chemical fertiliser, it would feel that the food waste I generate is of use to me personally
Plan your evening meals and think of ingredients you can use for multiple recipes across the week, then shape lunches based on what might be leftover
Don't buy more than you really need! Hard sometimes, but really important.
Don't buy massive amounts of perishable items just because it is cheaper Use your freezer
Only buy enough for how many in your family. Plan your weekly meals. Freeze items if you can't use them before their use by dates.
Only cooked food leftovers goes in our bin, all veg and fruit peel goes in our own composting bins, I have two caddies in the kitchen, one for our garden compost and one for the council, takes up space but it's worth it.
Avoid 2-1 offers unless you are sure you can use every piece; don't. be a slave to best by dates use some intelligence, it is best by not do not eat after this date.....To save money shop early or late when reductions are made, generally they are just odd things left and the shops need the space for fresh products and are perfectly good. Encourage people to wash out cans and bottles before putting in waste bin, helps smell and why should other people have to deal with my mess ? PS when are we going to do something about litter ?
I cook everything from scratch, so always check dates at the supermarket on fresh products, too often I had been caught out by same day use bys, and always ignore the best before dates, if produce smells, looks and feels fine it is fine. Majority of my meat comes from the butcher, I freeze most and only leave/take out what I need when I need it. If requiring a roasting joint, the butcher will always ask how many is it for and will cut accordingly. Buy sack potatoes, not the potatoes that have been sweating sat in plastic on supermarket shelves. The sacks keep them much much longer.
Don't overbuy, or overcook large amounts that are not needed, be aware of what amount of food your household needs. Then food will be eaten not wasted.
Only buy what you have planned to eat on your menu planner. Choose long use-by dates when shopping.
Prepare only the quantity of food you require to prevent waste. Avoid products with large container sizes that would create left overs.

Plan your meals, regularly check your fridge and cupboards for items about to go out of date and use them up, save your leftovers and reuse, batch cook and use your freezer but do label and date everything so that you know what you've got, look at sites like LoveFoodHateWaste and Jack Monroe for ideas about using leftovers
Use left-overs wherever possible - don't throw away. don't treat "best before" dates as "throw away" dates
Don't be tempted by two for one offers.
plan on having some food left over and how you are going to use it, ie: vegetables, use up in soups, stews, vegetarian dishes, rice dishes , pasta dishes. meat can be incorporated in some of these previous dishes or by adding another meat to it to extend the meat.
Food rotation - last in first used
Buying fresh in modest quantities several times a week
Don't buy more food than you are going to eat. Use it before it goes off and learn which use by dates can safely be ignored. Learn how to use leftovers, how to make soup with old vegetables, how to revive stale bread. Use the money saved by not throwing food away to treat yourself!
You should only buy the foods you eat, not overbuy and have ways of using up food before it goes off. I think more people will have been cooking for themselves during lockdown and I hope people have become more confident with preparing interesting, nutritious meals because they have had to and have hopefully had more time at home to cook their own food. There may be some bussing young chefs out there!
I use my common sense when it comes to best before and use by dates. I make soup out of veggies that have started to look slightly sad and fruit smoothies out of fruit that needs using up quickly. I try not to buy more than I know our family will eat and freeze any left overs.
Making soups with food waste while still viable.
Don't cook more than you need. Use up left over veg in pies, curries, soups and stews. Use up over ripe fruit in cakes mixed, very tasty.
Keep your fridge organised so you can see everything. The best before dates don't mean you have to throw food away right away, only use by dates mean that. Judge fruit and veg by how it looks rather than the date on the packaging.
Fresh veg, tomatoes, peppers and similar make great soups and can be used even if they've just started to soften.
Only cook the amount of food you intend to eat if you are not batch cooking. Recipes are guidelines - if you don't have an ingredient, try using an alternative that you do have. I've been

using my carrot top fronds recently to replace parsley in recipes!
Where possible use a garden compost bin.
Plan ahead and write a shopping list.
My brother gave me a 'Book of Soups' which is full of Mazing and delicious recipes all of which can be adapted to use up whatever's in the bottom of the fridge.
Use by and best by dates are responsible for a lot of food waste. If the food looks and smells ok I use it.
Using vegetable peel and any almost out of date vegetables aswell as meat bones to make stocks which you can freeze.
Just cook what you need, plan and prepare!
Deciding on meals for a week before shopping and preparing shopping list. Sticking to the shopping list
Use chicken carcasses to make stock which can then be used for risottos and casseroles. Eat more vegetarian dishes. Use those dried herbs and spices languishing in the back of the cupboard. Get out your cookery books and try new recipes. Be inventive and modify your usual recipes to ring the changes.
Don't buy too much in first place. Supermarkets should do more here
We use veg peelings and fruit etc in our small garden compost bin. We hav'nt bought compost in ages. We give meat scraps to our dog as part of her daily mail. Bread etc we put out for the birds, especially in winter.
Freeze food if you're not using it before it goes off - both before and after cooking
PLAN YOUR MENUS AHEAD AND BUY ONLY WHAT YOU NEED. MAKE A SHOPPING LIST AND STICK TO IT
Have a meal plan. Then have a list. Have 1 flex meal which is either leftovers or freezer use up.
Eat what you've got in "use by" date order not what you fancy on the day.
don` t buy too much at a time.
Meal planning
Simply don't buy more than you need and plan meals.
Don't buy more than you know you can use. Reject two-for-one offers unless you are absolutely sure you can use them. Keep a close eye on the veg to make sure you can use it in good time; if you see things going over then be creative and MAKE SOUP!
Don't buy more than you need and eat what you buy - have meals at the table so children can learn the value of food.
Just buy what can be used before use by dates

Not cook so much food. Only cook food that family like. Home composting if you have a garden.
I only send bones, avocado kernels uneaten dog food to waste
only buy what you are going to eat. make 'left over' meals.
We rarely throw away food that was edible. Our waste is mainly fruit peel/skins, vegetable peelings, egg shells etc. I do not see how we could reduce this.
Don't overbuy and use up leftovers in other meals to add different flavour and more variety -
Check dates of all food and use in order!
I try and use my peelings from potatoes and other vegetables and roast them in the dinners we are making. Cauliflower leaves are delicious and I used to throw them straight into the caddy! Cooking in batches ahead of a busy week and also knowing what you have in your fridge.
Sorry don't have any
Just cook the amount you can eat at one meal OR cook a quantity and freeze in portion sizes. Only buy fresh food you know you will eat before it goes bad
I think if people planned meals in advance there would be less food waste, stuck to a list and not buy items on offer but then have no idea how or when they are going to use them. Also make people aware best before date is a guide and the food is still wholesome to eat.
Don't necessarily go by best before dates - if it smells OK, it probably is OK.
menu planning and using fresh veg quickly are the best things you can do.
Waste disposal unit for vegetable waste. Ensure most environmentally suitable units are selected. See:- https://www.local.gov.uk/sites/default/files/documents/potential-food-waste-disp-077.pdf
Only buy what you need. Plan your meals.
Have a shelf in your fridge that is for NEEDS EATING FIRST to stop kids and hungry grown ups going for longer dated food
I have put ideas in previous comments.
only use what you can use in one meal or cook sufficient to use the next day or freeze.
Coffee grinds on the garden. Use loose leaf tea (tea bags contain plastic) and put them in the compost bin.
potato skins can be used for snacks with dips. left over celeriac can be made into crisps easily a new one for me.
If you are now only cooking for one ,small portion amount . Unless you are going to make extra portions for freezing .

Planning prevents overbuying. Making sure families all eat the same meals not asking for individual meals.
plan you meals in advance, don't cook more that you can consume, measure your ingredient.
Do not buy more than you need of fresh fruit meat and vegetables. Make soup with left over vegetables and freeze in portions. Regularly check use by date and use or freeze. The council to understand that if you eat healthily and have lots of fresh food there will inevitably be lots of fruit and veg peeling in the bin. Composting for people without gardens or patios is obviously not an option.
I find that I waste more food if I do one big weekly shop. If I have the time it's better to do three smaller shops.
Don't buy more than you need /what you THINK you might need. Menu plan and write a shopping list. Imagine putting money in your compost bin or food waste bin - you wouldn't do that so why put unnecessary food in them. Eat to live rather than live to eat, you can still enjoy your food.
Only buy and prepare what you need. Freeze any spare food.
I have a wormery and use the liquid produced to fertilise my vegetables!
shut fast food outlets.in pubs/restaurants,add a surcharge for food left on the plate
I compost all food waste except for bones, potato peelings and food cooked in oil/fat. Left over fat from cooked meals is fed to the birds
Only prepare what you are going to eat for one meal unless you are preparing in bulk. Weigh ingredients- portion control
Just buy what you need to eat. (Sorry I am a pensioner so my views are probably not those of the general public.)
1) Buy a large freezer. 2) Buy a soup maker to use up "surplus " vegetables,and meat. 3) Buy a smoothie maker for "surplus" fruit. 4) Plan weekly menu/shopping requirements.
Try estimating cost of food sent to waste bin based on purchase price per quantity from shops. Multiply by 52 for annual figure.....
I always make soups out of any veg i haven't used.
Just be organised.
Coffee grounds go in the compost and tea bags are split and contents spread around camellias and rhododendrums.
Buy only what you need if perishable.
Flexible cooking habits
Don't buy more than you need for a given time period. To do this, plan meals ahead of the time when you go shopping. Learn about portion control to workout how much to buy. Freeze any excess to use later.

Better food education.
Use stale bread to make breadcrumbs or crutons. Make "bottom of the fridge soup" enhance the changes with different herbs. Grow our own herbs in pots (saves throwing away unused fresh hers bought in bags.
Try to buy what you need. Ignore supermarket 'bargain' packs unless you want to batch cook large amounts. Cook the amount you need to eat. Try to avoid having leftovers unless you want a 'leftover' meal ie you want to make Bubble and Squeak. Use leftovers to make new meals. Compost any uncooked food waste that can't be eaten. Look at tips for making the most of your veg - stalks and all - for example Riverford are good at this - they have short videos on how to make use different parts of different vegetables. Shop locally for veg that is as fresh as possible, store it correctly, have a plan for how you will use it when you buy it, then use it :-)
Always exploring recipes from other countries. Also when batch cooking, having a varied selection to prevent boredom which can lead to waste.
Making soup/ omelette from tired veg. Cooking in bigger batches if food is bought in big bags
Use by/ best before dates should be used as a suggestion only. Bulk buy where possible. Use a variety of lentils, pulses, and grains where possible. Go Vegan.
Only cook what you need and have a regular weekly menu.
Make sure you don't buy more than you need. Check food every day and if necessary discard any browning leaves/ deteriorating food to the compost bin to prevent the rest going off. Save any bits of veg you don't want to eat as it is (cauliflower leaves, broccoli stalks, asparagus stems etc.), and then make soup every few days. Soup freezes well so you don't need to eat it immediately if you have other food to use up. Don't peel things, just wash and cook, very few veg need peeling (if you want to peel the peel can go in soup). Roast potato peelings with olive oil and salt/ pepper instead of throwing away.
Don't always go by 'best before' or 'use by' dates - if it's not mouldy/smelly (particularly veg), it's fine - just be a bit more careful with meat or dairy products. If you've got too much of something, you can make it into a dish and freeze it, and/or share it with family, a friend or neighbour. Excess veg stores well in the freezer, if you cut it up and pop in a freezer bag. Meal planning helps to reduce waste, as you'll only buy what you need, and you can make meal ideas with whatever's left in your fridge/cupboards. Leftovers make great lunches the next day! When you've been paid, plan some meals you can easily batch cook and freeze for later - if you spend an afternoon or a day cooking, it saves time later.

Write a shopping list. It's not rocket science!
Just use common sense and only cook the appropriate sized meals for the size and age of household members and the amount of activity they carry out during the day.
Only buy what you need. Use left overs as soups and "all in" meals. Use fresh food, vegetables and fruit. Try herbs and spices.
Compost veg peelings and use on the garden)if you have one)
Buy food that you/family like not what others may think you will like
Buy salad fresh, not bagged. It really lasts longer. Don't overbuy, check before you shop
The money saved by not wasting food can be used on other things. Planing meals and cooking from scratch is essential but money saved this way can then be used for a meal out now and again.
Buy only what you need. Don't get drawn in to buy 1 get 1 free etc. if you can't freeze it or use it within date.
Only buy what you are going to eat.
Use "food waste" to make soups.
Use the Olio food sharing app as giving to friends if I can't use it.
Don't over cook, plan meals to make sure if you only use half an onion for example, that you can use the rest the next day!
make a meal plan and buy only what you're planning to use
Planning meals for the week and only buying what you need. I chop and freeze bags of vegetables if they are going out of date and use them for casseroles. Left over cooked meat is frozen and used for stir fry's, sandwiches and salads.
Get a dog 😊
Save the seeds from squashes - sprinkle on salt and a little oil and bake at 180 degrees for 10 mins and add to salad
Batch cooking. Leaving skin on as many different vegetables and fruit as possible.
Use left overs to make another meal eg Sunday roasted joint can be minced, add onion and carrots and Worcestershire sauce. Top with mashed potato. Cottage pie, easy. Use IT to draw up chart for each week with column for everyone in the household to write whether they will be home that day for a cooked meal. Use this to plan your shopping list so you don't over-buy and waste food. Avoid cooking for five when only three will be at home for a meal.

Only buy and cook what you know you'll eat. If there are leftovers, regard that as another meal / part of a meal - don't just bin it. Relate the quantity of edible food waste to the number of people that would sustain for how long in less-advantaged / more under-developed countries. In my youth, we were taught about the starving people in Biafra.
The best thing I have found to prevent food waste is to go to the shops once a week with a list of everything that I need. And the way to ensure that the list includes everything that you want to buy is to always have one on the go so that you add to it the minute you run out of something. This approach means that you have to meal-plan so it takes some organisation but not only does it cut down on food waste but it also saves you money as you don't buy unnecessary stuff. Meal planning is great because it is an opportunity for everyone in the family to have a favourite meal choice every week.
Weigh things and portion it out
I compost everything or feed to dogs
Showing people how to do home composting - monthly information newsletter on how to use up veggies not be so wasteful etc make it fun lol get kids in school involved how to make soups/ rainbow crisps using leftover veggies , how to recycle efficiently we are a family of 8 our small half size bin gets emptied every 2 weeks I do not drive so cannot take rubbish to tip our rubbish gets piled up
Plan meals, make a shopping list and only buy what you need.
Build your own compost which can not only reduce food waste but also reduce other waste such as cardboard and garden waste. It then provides your own compost in time,
Keep an eye on use by dates and plan accordingly
Eat what you buy!
Eat everything. Plan ahead. Put leftovers into a stew or such.
Make a list before shopping. Do not impulse buy, think when will I use this ? Buy frozen veg.
I used to throw away overripe bananas before lockdown. Because I had more time to experiment with baking, like lots of others I had a go at making Banana Bread. It is simple to make and utterly delicious. Never again will I waste overripe bananas. https://www.thekitchn.com/how-to-make-banana-bread-the-simplest-easiest-recipe-139900 is an excellent recipe
If I could share one thought it would be this: We're constantly being told to switch, electricity, gas, insurance etc to save money, so just think about food waste in the same way - it's your hard earned money being thrown in the recycling bin every week!
Freeze everything !

Food is expensive. I plan exactly what I need to buy each week with the aim of having nothing fresh left by the time my next supermarket trip is due. I always have some frozen and tinned goods to fall back on if the shopping trip gets delayed for some reason.
Plan your meals and only buy what you need, cook from scratch, visit the store a bit more often (e.g. two or three times a week) rather than stocking up food. Use common sense and think of the environment.
Plan meals and use leftovers
Using bits of old veg to make soups; meat bones/carcasses to make stock; bulk cooking for freezer to use up food; using all parts of veg (e.g. carrot top pesto, broccoli stalks as well as florets sliced up thinly in stir fries, cauliflower leaves as well as florets in cauliflower cheese); old bit of cheese for cheese sauces
Planning a weekly shopping list and working out the cost, will help with less food waste as well as with the finances.
freeze even a single spoonful of food, eg curry and after several weeks there is enough for a full meal
You can grow some veg from scraps, forward plan meals to use up ingredients before it goes off. Make a big pot of chilli and have burritos one night, chilli the next night and nachos the third night. Compost the fruit and veg peelings. Grow your own fruit and veg so you can pick as you need rather than have it going off in the fridge. I always avoid packaging as much as possible too.
Using common sense re use-by dates!! Difference between 'use by' and 'best before' etc. Home composting needs two bins as you would not put meat or cooked items in home compost. Does it smell? Is it 'off'?
Plan your meals and only buy what you actually need. Always check the dates on supermarket deliveries - to easy to waste food by not noticing close use by dates
Only buy what you KNOW you will eatsaves YOU money too!! DON'T go by bbf dates. Use your nose, eyes and taste instead. If it has a fur coat, don't eat it. If it smells funny, don't eat it. If you're not sure, taste a little, if it tastes as it should, then it's fine to eat!!!!
Buy in quantities you're going to use
Think about what you really need and can actually use by the use by dates. Don't over buy fresh products, maybe use more frozen products to prevent waste.
Yesterdays tea leftovers if there are any go towards making today's lunch

We only buy the quantity we need and can eat. If I have a surplus of perishable food in the fridge I use it before it goes off or in the case of fresh vegetables/ herbs, bakery goods, etc, I put them in the freezer.
Meal planning- but allow for a day or 2 where you use up what's in freezer, cupboards etc. Don't hoard food - be aware of what's in your cupboards and freezer. We get by on a small freezer - 3 drawers for family of 5 and find that this helps ensure we keep what we really need.
Use the freezer
Only buy what you need, shop "little & often", use the freezer to store extra portions.
shop with a meal plan and list so you know what use by dates are need for each meal. Swap your meals around if things are going out of date and keep checking your fridge.
Only buy what you need! Simple! If you do find you have too much, find a way to use it or give it away. The Covid situation clearly demonstrated how selfish some people are by the way they razed the supermarket shelves of food.
Freeze stuff right away if the use by day is too soon. Plan meals out. Use leftover veg for veggie curry or casserole/stew/soup.
Do not overbuy
Could compost be sold to residents for a reasonable cost. They might contribute more if they got something back
Check the used by dates on your food and plan your weekly meals around them, it really helps save on food waste and saves money as well.
Don't remove skins. Make meals and freeze. Check what can be put out for the birds, other animals instead of throwing away.
Cut up fruit or veg and store in appropriate containers, it doesn't last in plastic!!! There are lots of ideas out there you can buy to help prolongue the life of fruit and veg. Fruit and veg can always be frozen if you aren't going to eat in time. Or better buy some of the staple already frozen so less waste.
Use leftovers. Use a shopping list.
Prepare and freeze any fresh veg you have for it to retain nutrients when you go to use it
Making soups with veg past its best is a good way to use it up.