

Community Activities

In June this year, community leaders from Bolton organised a community event to help their members reduce household food waste. The event was a great success, attended by over 60 community members. There were games and activities and plenty of discussion about food waste and exchanging tips on how to reduce food waste.

Below are some of the pictures from the event.





Conversation Starter Activity

At the community event, residents explored why food is wasted and shared tips during a 'conversation starter activity'. Below are some of the quotes captured on the day.

Reasons for food waste

"Different people in a household like different things"

"We buy more than we need and cannot eat it all"

"Food doesn't last as long as it used to"

"It's travelled further not as fresh"

"People far more concerned with what food looks like – no dirt, etc"

"Getting carried away with how much we buy. "

"Boredom- eating the same meals repetitively. "

"Who cares most about food waste and why?"

The person preparing the food and making an effort to cook and bake".

Tips

"We can also share our food with our friends and neighbours"

"Food waste can be prevented if we cook and prepare food according to the required portion size"

“Top tips potatoes and carrots sweat in plastic bags. Take them out when you get home. “

“To make food with good ingredients so it is enjoyed by all. “

“Reduce portion sizes”

“Rotate food in cupboards to stop things going out of date”

“Frozen fruit for smoothies. “