

Quiz

If we produce food that doesn't get eaten, what else is wasted?

1. Wildlife Habitat
2. Water
3. Energy
4. All of the Above

To get from seed to plate, food takes water, energy, and land, including the forests and grasslands that are home to millions of species. When food is wasted, all of these things are also wasted. **TIP:** Only buy what you will eat.

What percent of food never gets eaten worldwide?

1. 30%
2. 50%
3. 10%
4. 85%

Wastage of food happens in every link of our food supply chain—from the fruit that never makes it off the farm to the vegetables you forgot were in your fridge. **TIP:** Find ideas for reducing food waste here: <https://www.lovefoodhatewaste.com/good-food-habits>

What food gets tossed the most?

1. Fruits, Veggies & Tubers (root veg like potatoes)
2. Milk
3. Hamburgers
4. Cereal

45%—almost half of all fruits, veggies, and tubers (like potatoes) are wasted each year!

TIP: Try to buy unwashed potatoes and store in a dark place. Freeze apples and bananas to use in baking or smoothies.

What food, when wasted, represents the biggest waste of energy?

1. Milk
2. Poultry
3. Corn
4. Beef

It tends to take more energy, land, and water to produce beef. **TIP:** Bulk out mince, meatballs, burgers with lentils, oats, breadcrumbs or even crushed cream crackers!

Approximately how much money do Scottish householders lose each year by wasting food?

1. £10 million
2. £50 million
3. £1 billion
4. £2 billion

£460 per household per year.

TIP: Plan, plan plan! Think through meals in advance, write lists and stick to them (avoid impulse buying), and don't shop when hungry.