



1st May 2026

Inclusion North News

Inclusion North will share an important news story or tell you about their work every 2 weeks.



Stop Food Waste Day

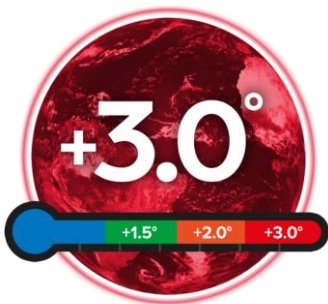
Stop Food Waste Day is a yearly awareness day for cutting down on food waste.

Stop Food Waste Day will take place on Wednesday 29 April 2026.



8% of all greenhouse gas emissions each year are due to food loss and waste.

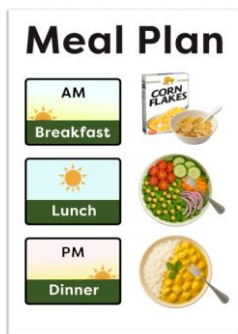
Greenhouse gases are invisible gases in the atmosphere that act like a blanket around the Earth.



They keep our planet warm enough to live on, but too many greenhouse gases (from driving cars or burning coal) make the blanket too thick, causing the Earth to get too hot.

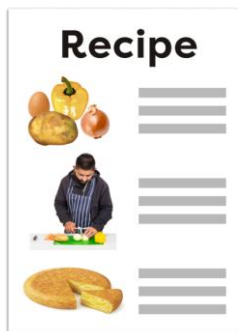


Wasting food is also a waste of the energy required to grow, harvest, process, and cook it. Food waste in our bins sent to landfill sites can cause methane emissions, a greenhouse gas.



Here are some tips to help reduce food waste:

Plan Ahead: Make a shopping list and check your cupboards before shopping to avoid buying things you already have.



Love Your Leftovers: Use leftovers for lunch the next day or freeze them for a quick meal later.

Store Correctly: Keep your fridge at 0-5°C. Move food close to its "use by" date to the front of the fridge.



Use the Freezer: You can freeze almost anything - bread, milk, and even leftovers - before they go off.



Portion Control: Cook smaller portions to prevent waste on the plate.



Wellbeing tip

The next time you cook, wash but don't peel your potatoes, carrots or parsnips – you don't need to.

The skins of these vegetables contain extra fibre, vitamins and flavour. Keep them in your meal and out of the bin. Plus, you save on food prep time.