

**SAVE £60 A MONTH**  
**BY NOT THROWING AWAY GOOD FOOD**



**BUY**  
THE FOOD YOU NEED



**EAT**  
THE FOOD YOU BUY



**RECYCLE**  
THE FOOD YOU CAN'T EAT



# 1 | REDUCE YOUR FOOD WASTE

Welsh households throw away the equivalent of six meals a week costing the average family almost

**£60**  
a month

There's lots you can do to reduce this waste



**PLAN**

Make a shopping list



**BUY**

Only buy what you need



**EAT**

What you serve or store for later



**COOK**

The right amount



**STORE**

Freeze for later



**RECYCLE**

What you can't eat

By doing this the average family can save almost

**£700**  
a year

**LOVE**  
**FOOD**  
hate waste

visit

**lovefood**  
**hatewaste.com**

for more tips, advice,  
information and recipes

# 2

## RECYCLING YOUR FOOD WASTE IS EASY

The best thing that can happen to food is for it to be eaten, but for anything you can't eat, like peelings, bones, plate scrapings, teabags and eggshells the best thing to do is recycle them.

### Why recycle food waste?

When you place food waste in your black bag it is taken to landfill where it rots and releases greenhouse gases that harm the environment.

By recycling food waste it can be turned into energy to power homes and compost to grow food.

### How can I recycle my food waste?

#### STEP 1

Get the right equipment – you will need a kitchen caddy and a kerbside caddy. **Contact us** if you need any of these items, see contact details on next page.



#### STEP 2

Line your kitchen caddy, either with newspaper or compostable liners.



#### STEP 3

Place any food waste into the caddy, taking care to **exclude any packaging**.



#### STEP 4

When your kitchen caddy is full, empty into your kerbside caddy and put out for collection **weekly** so it can be recycled.

### MORE REASONS TO RECYCLE YOUR FOOD WASTE



IT'S EASY



CONTAINS THE FOOD SMELLS



CADDIES LOCK TO STOP ANIMALS GETTING ACCESS



IT'S COLLECTED ONCE A WEEK

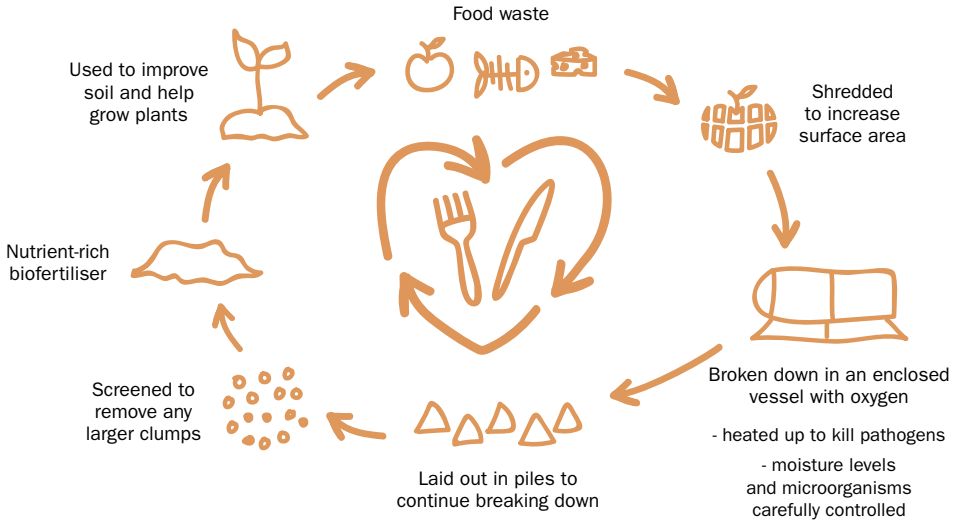


TURNED INTO COMPOST

# 3

## WHAT HAPPENS TO MY FOOD WASTE AFTER IT'S BEEN COLLECTED?

Your food waste is taken for treatment to the Cwm Environmental In Vessel Composting facility at Nantycaws, Carmarthen where it is turned into compost




# 4

## HELP AND ADVICE

If your food caddy is broken, lost, or you need a new one, please contact us to request a FREE caddy.

www. [carmarthenshire.gov.uk/recycling](http://carmarthenshire.gov.uk/recycling)

 01267 234 567

 [tsrecycling@carmarthenshire.gov.uk](mailto:tsrecycling@carmarthenshire.gov.uk)

 @carmscouncil


 [carmarthenshirecc](https://www.facebook.com/carmarthenshirecc)


For more information please visit

www. [recycleforwales.org.uk](http://recycleforwales.org.uk)

www. [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

www. [cwmenvironmental.co.uk](http://cwmenvironmental.co.uk)

 [Facebook.com/recycleforwales](https://www.facebook.com/recycleforwales)

 @recycle4wales

