

FOOTPRINT

Hill House School

Combian
WILMOUTH SCHOOL

Edition #51 2023

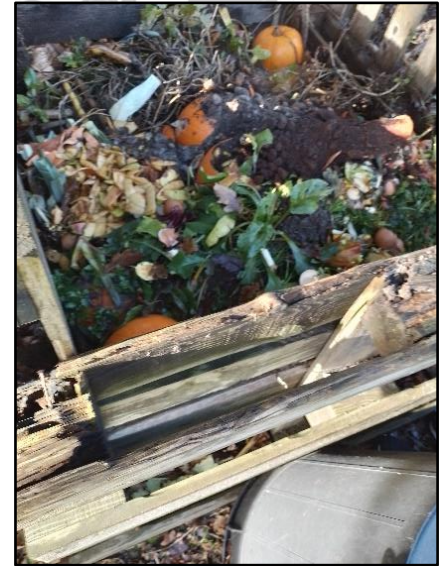
Promoting happy, healthy and sustainable living at Hill House and beyond.

Did you know...

♥ 1/3rd of all the food we produce in the world goes uneaten and most of it ends up in landfills, where it rots and releases greenhouse gas emissions.

♥ In the UK, we throw away 7.3 million tonnes of food a year and it is estimated that 4.4 million tonnes of that is perfectly edible - that's £470 worth of food per household!

♥ If we stopped binning bread, it could do the same for harmful greenhouse gas emissions as planting 5.3 million trees.



WASTE NOT WANT NOT

Let's be realistic, most of the time we are so busy that thinking about how to stop wasting food becomes a low priority but if we all shopped, cooked and ate a little smarter, we could easily avoid it. Start by making one small change at a time. It doesn't have to be anything complicated, like going "full zero waste" immediately, making meals from vegetable peelings or growing all your own - although that would be amazing!

Try these simple steps:

- ♥ Check your fridge is at the right temperature
- ♥ Plan more meals and make a shopping list
- ♥ Measure you rice or pasta before cooking
- ♥ Put leftovers in the fridge or freezer them (remember to label them)

We have a large role to play at Hill House too. Our purchasing power is strong when it comes to shopping for food at supermarkets or using local businesses and we can use it to our advantage.

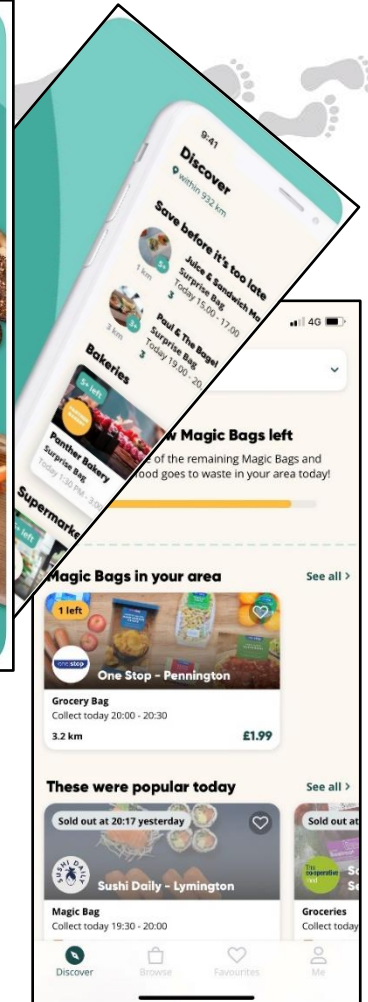
For decades now, supermarkets have been rejecting imperfect fruit and vegetables. Overly large parsnips, knobbly apples and curvy cucumbers have all faced the chop. Not just the odd one or two either; entire fields worth of fresh food can be rejected by the supermarkets because they believe we don't want them. Let's show them they are wrong by changing our shopping behaviour.

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TOO GOOD TO GO

Too Good To Go is an anti-food waste app that lets you rescue delicious, unsold food from businesses to save it from going to waste. In turn, the app powers our efforts to build an anti-food waste movement. They work within organisations like local governments and schools to shake up the food system, and change the way we think about throwing away food.

Their website also has some great tips and tricks with recipes. Try the Zero-Waste Roast Vegetable Soup!



GROWING OUR OWN

It has been an exciting time on the Hill House allotment lately with our young people clearing and preparing the raised beds for planting, as well as composting on a large scale with raking and collecting for leaf mould!

As part of our new Land Science initiative, young people have also been collecting food waste from the kitchen to add to the compost bins.

