



**Resource:** Resource 16 – Food Waste Super Savers  
**Text:** This is a literacy task to learn more about Scotland’s issue of food waste and how to reduce it. Look at the slides and answer the questions.  
**Suitable for:** S1-S2  
**Approximate time:** 20 minutes  
**Curriculum links:** LIT 2-29a, SCN 2-20b, SOC 3-08a  
**Meta-skills:** Innovation: curiosity, critical thinking. Self management: focusing  
**SDGs links:** 7,12,13



# Food waste super savers

We bin 2 million slices of bread a day.  
How much money is this equal to per year?

**£76 MILLION**



We waste enough meat to make everyone  
in Scotland a bacon buttie every Saturday  
for the next year. What is the value of all the  
meat and fish we throw out?

**£190 MILLION A YEAR**

We waste the equivalent of enough fresh fruit  
to give every learner and teacher in Scotland  
an apple a day for a year. How much money  
does that equal?

**£79 MILLION A YEAR**



# Food waste super savers

We waste enough milk a year for over half a million bowls of cereal. What does that equal in money?

**£26 MILLION A YEAR**



We throw out £150 million worth of vegetables and salad each year. How much could the average household save a year if they used food more effectively?

**£460 A YEAR**

Did you know a family of 4 could save up to £700 a year by not wasting food. On average, how much do individuals waste?

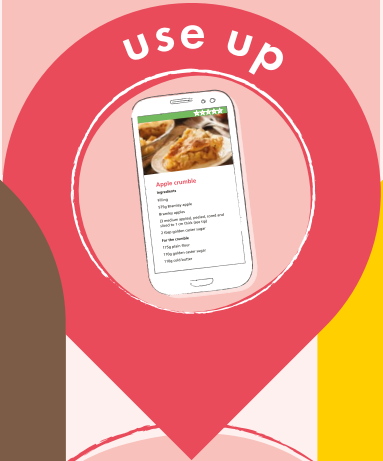
**£200 A YEAR**



Store food in the best place to keep it fresher for longer.



Use up food by transforming it into other tasty meals.



Labels are important. 'Use By' is about food safety and should be followed but 'Best Before' is just about the quality of the food not the safety.



Freeze things you want to save for another day.



# Food saving actions

Plan what meals you are having this week and how you'll use everything up.



Check your cupboards and shelves before going shopping...why not take a photo of your fridge so you don't end up with too much?



Portion properly. Don't take what you can't finish.

Wrap food that needs a little extra help and don't leave open packets uncovered!



# Questions

1. We bin 2 million slices of bread a day. How much money is this equal to per year?
  - a. £7.6 million a year
  - b. £76 million a year
  - c. £36 million a year
2. We waste the equivalent of enough meat to make everyone in Scotland a bacon buttie every Saturday for the next year. What is the value of all the meat and fish we throw out?
  - a. £1.9 million a year
  - b. £19 million a year
  - c. £190 million a year
3. We waste the equivalent of enough fresh fruit to give every learner and teacher in Scotland an apple a day for a year. How much money does that equal?
  - a. £7.9 million a year
  - b. £37.9 million a year
  - c. £79 million a year
4. We waste enough milk a year for over half a million bowls of cereal. What does that equal in money?
  - a. £26 million a year
  - b. £2.6 million a year
  - c. £12.6 million a year
5. We throw out £150 million worth of vegetables and salad each year. How much could the average household save a year if they used food more effectively?
  - a. £260 a year
  - b. £360 a year
  - c. £460 a year
6. Did you know a family of 4 could save up to £700 a year by not wasting food. On average, how much do individuals waste?
  - a. £100 a year
  - b. £150 a year
  - c. £200 a year

# Answers

1. We bin 2 million slices of bread a day. How much money is this equal to per year?

b. £76 million a year

2. We waste the equivalent of enough meat to make everyone in Scotland a bacon buttie every Saturday for the next year. What is the value of all the meat and fish we throw out?

c. £190 million a year

3. We waste the equivalent of enough fresh fruit to give every learner and teacher in Scotland an apple a day for a year. How much money does that equal?

c. £79 million a year

4. We waste enough milk a year for over half a million bowls of cereal. What does that equal in money?

a. £26 million a year

5. We throw out £150 million worth of vegetables and salad each year. How much could the average household save a year if they used food more effectively?

c. £460 a year

6. Did you know a family of 4 could save up to £700 a year by not wasting food. On average, how much do individuals waste?

c. £200 a year