

# ONEWORLD

IT'S OUR WORLD - LET'S WORK TOGETHER AND LOOK AFTER IT

## WASTE NOT. WANT NOT!

**DID YOU KNOW?** *We are responsible for all waste... It's true.*

We may not like to think about it, but waste really is everywhere and unfortunately, the more we waste the more we accelerate or speed up the effects of climate change and that is bad news for everyone and everything.

### But what is waste and what can we do about it?

Waste can be described as any unwanted material, substance or by-product that is discarded, trashed, thrown out, binned, dumped or scrapped and unfortunately our day-to-day lives create huge amounts of it.

From the supermarket to the wheels of industry, to the fast food restaurant, to the sweet wrappers and to the packaging around our many gizmos and toys, waste really is everywhere.

What we need to recognise is that we cannot just throw things away, because there is no away, and our landfills and dumps are not only full, they are an environmental nightmare!

**EEK!!** Landfills are the biggest man-made source of methane - A gas that is 23 times more harmful to the environment than carbon dioxide and that really is bad news. Carbon Dioxide CO<sub>2</sub> is one of the principal or main greenhouse gases (GHG) responsible for climate change.



## Food Waste

Let's face it we all need food and water to survive, the problem is our modern day lives, lifestyles and diets are really having a huge impact on not just the environment but on everything.

The great news is, we can reduce our impact by making some simple changes to how we shop, what we buy, where we buy and look to reduce what we waste...

Let's consider the ugly truth about food waste and our stinky bins...

Everyday in the UK we throw away

- 24 million slices of bread
- 1.6 million sausages 6 million potatoes.
- 1.1 million eggs
- 1.9 million slices of ham
- and a staggering 1.4 million bananas

## FOOD FOR THOUGHT

- ⇒ People across the developed world dump, trash and throw away over a third of all the food they produce! To make matters worse over half of it could be eaten.
- ⇒ In the UK, every household throws away 24 meals a month!

THE TRUTH ABOUT BINS

## DON'T BIN IT. TO WIN IT!

**DON'T BIN IT:** The first thing to remember is that we need to stop throwing stuff away. Because there is no away!

**MAKE IT YOUR MISSION:** To refuse to accept needless packaging - you know you can... because everything we do matters.

**REDUCE:** Yes reduce, we may love fast food but fast food is jam packed with stuff that really isn't good for us so why not try and limit the amount of fast, ready-made and pre-packaged food you eat.

**WE CAN REUSE:** Yes it is time to rid our lives of single use plastic! It's a pandemic that is threatening the health and well-being of everything. So let's get plastic wise.



**RECYCLE:** Yes we really do need to get a grip and learn to recycle more. It's so incredibly easy.

**WE CAN REFURBISH:** Yes, I did say refurbish. It may not have the latest app but it may just help transform someone else's life so, let's get savvy and #payitforward.

**WE CAN UPCYCLE:** If you are in need of some inspiration then head on over to our waste not want it boards on Pinterest. <https://www.pinterest.co.uk/onesimplethingco/waste-not-want-not/>

**IF YOU HAVE STUFF THAT YOU DON'T WANT:** Pay it forward, swap or donate it and make a difference to the life of somebody new...

The future really is in our hands; reducing what we buy and what we waste will make a huge difference to the world. Simple changes count... so what will you do today to make a difference to the world tomorrow.

**SAY HI!**

We'd love to hear from you so why not become a ONEWORLD reporter? Have you got something to say...

## Top Tips To Help You Reduce Your Food Waste Mountain...

### TOP TIP #1

Before you and your parents head out to do the weekly shop make sure they take a shopping list.

It's true making a list before we head to our regular supermarket will help us not just reduce the amount of food we waste but help us save money and that has to be good news for everyone.

- 1 Why not make a simple check list and hang it on the fridge.
- 2 Remember, before you go shopping check what is in your fridge.
- 3 Stop doubling up on stuff.
- 4 Buy what you need.
- 5 Use what you buy.
- 6 Love your leftovers ...



GET YOUR FOOD WASTE

## INCREDIFACT

The amount of food the world wastes could help feed the 1 billion people who go to bed hungry.

In the UK alone we buy an almighty 3.5 million ready-made meals every single day or 1.3 billion every year costing an incredible 4.7 billion pounds...

The 5 most popular ready meals are:

- ⇒ Shepherd's Pie
- ⇒ Lasagne
- ⇒ Chicken tikka masala
- ⇒ Chicken chow mein
- ⇒ Macaroni cheese



If you are in need of some recipe inspiration look out for some of our very favourite recipes... coming next month.

### CONTACT

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