



14.4.2017 – Easter, along with Christmas, is a time of year when many of us leave the dinner table with that feeling of having eaten too much of the good stuff. And despite our best efforts to clean up one's plates, a staggering amount of food still gets chucked away during the holidays. And that's only one part of the waste generated.

On average, 80 million Easter eggs are sold in the UK each year and over 8,000 tonnes of waste is generated just from Easter egg packaging and cards. Even though most packaging can be recycled, it is still better to reduce the amount of waste created in the first place. Help 'crack down' on the amount of eggs-tra waste and look for Easter eggs or products with the least amount of packaging, or packaging that you know can be recycled in your local kerbside collection.

The good news is that today it is much easier for consumers to distinguish between labels and make ethical choices than, let's say, ten years ago. Organic eggs and Fair Trade chocolate are available to all, and help make Easter happier for both chicken and cocoa farmers.

In order to minimize food waste during the Easter holidays, a good tip is to sit down with a pen

and paper and plan your meals. Check your cupboards before a big shop to see what needs using up, plan your shop so you only buy what you need, measure portions so you don't cook too much, freeze leftovers for later or turn them into another great meal the next day. Always remember to recycle unavoidable food waste if you have access to a food waste collection, or compost it. Happy Easter!

UNRIC's tips for reducing food waste

- Make a plan. Do a shopping list, and stick to it;
- Do not put too much food on the table at a time – fill up instead, this will prolong the life of the food that has not been on the table;
- Understand the difference between best-before dates and use-by dates so you're not throwing away edible food;
- Eat potluck, perhaps on the day after Easter – it helps the host and then guests can bring leftovers to share;
- Make a food schedule – just like in the weekdays, and decide on what you eat first, so you do not end up throwing food away;
- Place all items that are open or have an imminent expiration date at the front of the refrigerator, so you can get an overview of what you will eat and when.