

FOOD'S  
NOT  
RUBBISH

# QUIZ = TEST YOUR KNOWLEDGE

## Question 1

How much money is the average UK household wasting in food each year?

- A. £60
- B. £120
- C. £500
- D. £540

**Answer 1**

How much money is the average UK household wasting in food each year?

- A. £60
- B. £120
- C. £500
- D. £540**

The average UK household wastes a staggering £540 worth of food each year. This statistic is difficult to swallow when 4.6 million people in the UK are living in food poverty.

### Question 2

7.1 million tonnes of food and drink is binned by UK households each year in the UK. How many times would this fill Wembley Stadium?

- A. 3 times
- B. 4 times
- C. 9 times
- D. 13 times

### Answer 2

7.1 million tonnes of food and drink is binned by UK households each year in the UK. How many times would this fill Wembley Stadium?

- A. 3 times
- B. 4 times
- C. 9 times
- D. 13 times

18.5% of the food we buy is binned, nearly half of which is thrown away because it simply wasn't used in time. This amount of wasted food would be enough to fill 9 Wembley stadiums!

**Question 3**

Who bins the most food in the UK?

- A. Restaurants
- B. Supermarkets
- C. People at home
- D. Food manufacturers

**Answer 3**

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- B. Supermarkets
- C. People at home**
- D. Food manufacturers

Surprisingly, household food and drink thrown away makes up 71% of the total food binned in the UK. The waste from wholesalers, restaurants, retailers and even manufacturers is small in comparison. Research suggests that 18-34 year-olds are the main culprits, as they waste the most food of all age groups.

**Question 4**

How much of the chicken we cook and serve is binned?

- A. 12%
- B. 16%
- C. 25%
- D. 32%

### Answer 4

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- A. 12%
- B. 16%
- C. 25%
- D. 32%

32% of the chicken we serve is binned due to us cooking and piling too much on our plates. It's a real waste when this could be used for packed lunches or frozen to be used later in a curry or chicken soup.

**Question 5**

What percentage of all potatoes we buy ends up in the bin?

- A. 10%
- B. 25%
- C. 50%
- D. 75%

**Answer 5**

What percentage of all potatoes we buy ends up in the bin?

- A. 10%
- B. 25%
- C. 50%**
- D. 75%

50% of all potatoes we buy ends up in the bin. This is a shame when even a sprouting potato and sausages close to their 'use by' date could still be used to make a tasty bangers 'n' mash!

**Question 6**

What's the best way to store potatoes?

- A. In their original packaging
- B. In a cool, dark, airy space
- C. In a natural cloth bag
- D. Away from smelly foods like onions
- E. All of the above

**Answer 6**

What's the best way to store potatoes?

- A. In their original packaging
- B. In a cool, dark, airy space
- C. In a natural cloth bag
- D. Away from smelly foods like onions
- E. **All of the above**

All of the above. Potatoes can also be parboiled and frozen to use later in a variety of dishes, such as roasties, wedges or fries.

**Question 7**

What percentage of bread is binned due to not being used in time?

- A. 10%
- B. 55%
- C. 74%
- D. 94%

**Answer 7**

What percentage of bread is binned due to not being used in time?

- A. 10%
- B. 55%
- C. 74%**
- D. 94%

74% of bread is binned due to it not being used in time. In fact, 20 million slices of bread go to waste every day from UK homes. If we lined this up, it would go up the world's highest mountain, Mount Everest, 22 times!

### Question 8

What's the best way to store bread?

- A. In its original packaging
- B. In a bread bin
- C. With a bread bag clip
- D. In the freezer
- E. All of the above

**Answer 8**

What's the best way to store bread?

- A. In its original packaging
- B. In a bread bin
- C. With a bread bag clip
- D. In the freezer
- E. All of the above

All of the above options are great ways to avoid binning bread, particularly at breakfast time which accounts for a third of the bread we throw away. Toast can be made straight from the freezer, so you never have a bin a slice!

**Question 9**

How many tonnes of milk are thrown out each year because it's not used in time?

- A. 16 tonnes
- B. 160 tonnes
- C. 1,600 tonnes
- D. 160,000 tonnes

**Answer 9**

How many tonnes of milk are thrown out each year because it's not used in time?

- A. 16 tonnes
- B. 160 tonnes
- C. 1,600 tonnes
- D. 160,000 tonnes**

160,000 tonnes of milk are binned as it's not used in time. This really needn't be the case. The optimum temperature to store your milk at is 5 degrees C, so set your fridge to this temperature. You can also freeze milk up until the 'use by' date.

**Question 10**

What does the 'use by' date on food mean?

- A. It's for food safety and needs to be eaten by that date
- B. It's a guide, but you should sniff before eating
- C. It's only for supermarkets or shops
- D. You have three or four days to use the food

**Answer 10**

What does the 'use by' date on food mean?

- A. It's for food safety and needs to be eaten by that date
- B. It's a guide, but you should sniff before eating
- C. It's only for supermarkets or shops
- D. You have three or four days to use the food

For food safety, the Food Standards Agency's advice is not to eat food after this date. The 'best before' date is just a guide and food eaten after this date is safe, but may just be past its best.

**Question 11**

Which of the following foods can you freeze?

- A. Eggs
- B. Rice
- C. Yoghurt
- D. Cheese
- E. All of the above

**Answer 11**

Which of the following foods can you freeze?

- A. Eggs
- B. Rice
- C. Yoghurt
- D. Cheese
- E. All of the above

All these foods can be frozen and then defrosted and used whenever you want to use them in a meal or snack.

### Question 12

Which out of the following has the biggest environmental impact?

- A. Leaving a tap running while washing your teeth
- B. Leaving house lights on overnight
- C. Throwing away a bag of apples
- D. Throwing away the packaging on the apples

### Answer 12

Which out of the following has the biggest environmental impact?

- A. Leaving a tap running while washing your teeth
- B. Leaving house lights on overnight
- C. Throwing away a bag of apples
- D. Throwing away the packaging on the apples

Shockingly, 4.4 million whole apples are being thrown away untouched every day in the UK. In total we bin nearly £3 billion worth of perfectly good fruit and vegetables each year.

**Question 13**

How long does food last in the freezer?

- A. Food never becomes unsafe to eat
- B. Two weeks before it must be used
- C. Three to six months depending on what it is
- D. It depends if you bought it frozen

**Answer 13**

How long does food last in the freezer?

- A. Food never becomes unsafe to eat
- B. Two weeks before it must be used
- C. Three to six months depending on what it is
- D. It depends if you bought it frozen

There is absolutely no limit on how long food lasts in the freezer. However, it's worth bearing in mind that it will become less tasty over time.

**Question 14**

What is the best way to defrost frozen food? Select all the answers that apply

- A. In the fridge
- B. In the microwave
- C. On a plate on the kitchen counter
- D. In the oven
- E. All of the above

**Answer 14**

What is the best way to defrost frozen food? Select all the answers that apply

- A. In the fridge
- B. In the microwave
- C. On a plate on the kitchen counter
- D. In the oven
- E. All of the above

Either the fridge or the microwave can be used to defrost frozen food. Perfect for when you haven't got time to cook from scratch.

**Question 15**

What percentage of the food we buy ends up in the bin?

- A. 1/5
- B. 2/5
- C. 3/5
- D. 4/5

**Answer 15**

What percentage of the food we buy ends up in the bin?

- A. 1/5
- B. 2/5
- C. 3/5
- D. 4/5

An astonishing 1/5 of the food we buy ends up in the bin. This could be avoided by buying what you need and using what you buy.

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## WELL DONE!

Thanks for taking part in this quiz.

For more ideas and tips on how to save money and effort by reducing the amount of food you waste, and to find lots of easy, low-cost recipes to try at home, visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)