



#SustainabilitySaturday

Key questions:

What is meant by 'best before' and 'use-by'?

Can our food choices reduce food waste?

How do food labels help us to make sustainable food choices?

Instructions:

Investigate the food in the fridge and the food cupboards at home. What date is shown on the label? Is it a 'best before' or 'use-by' date? To reduce our food waste at home, we can make decisions that are more sustainable on what we do with our food depending on the dates shown. Use-by dates relate to the food's safety, and they are the most important date to remember. Foods can be eaten (and most frozen) up until the use-by date, but not after! Best before dates relate to the food's quality and not safety. E.g. Vegetables that are withered can still be cooked and bread that is a little stale can be toasted. As you explore the food at home, do you need to freeze any produce? Prioritise what you will eat next? Or change your future purchases to use the food you already have.

You could also...

Learn about food assurance. Have you noticed logos on the products that you buy? Can you find any on the food products at home or in the supermarket/shop? Can you find out what they mean?

Make it simpler:

For the food products you have at home, look for any that have the shortest use-by date. Can you now design a meal that you could make that day with your family? This can help you make sustainable food choices by reducing any potential food waste at home.

Make it harder:

Create your own compost. If you have a compost bin at home, make a list of food waste that you could add to the compost when you have used the produce. If you do not, create a compost bottle. Recycle a plastic bottle or container and use this guide to create your own compost from your food waste: [Compost bottles](#).

Find out more:

Learn more about sustainable food:

<https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/zs9gsk7>

#WarmingWednesday [compost activity sheet](#)

Climate change – what can farmers do to help

<https://www.countrysideclassroom.org.uk/resources/1631>

Resources required

- Observation skills
 - Food and packaging from your weekly shop or a trip to the supermarket/shop
- Quality assurance cards
- [Compost bottles](#)

What do you think?

Who do you think is responsible for reducing food waste?

