

# *Fridge Raiders*



*Save our planet by cooking!*

**Feed the World from your fridge**

There is a lot of bad news about our planet!



# Food Waste is a MAJOR CONTRIBUTOR



According to the UN, 17 percent of food is thrown away while millions suffer from hunger. Photo: (FAO)



What is

17%

?



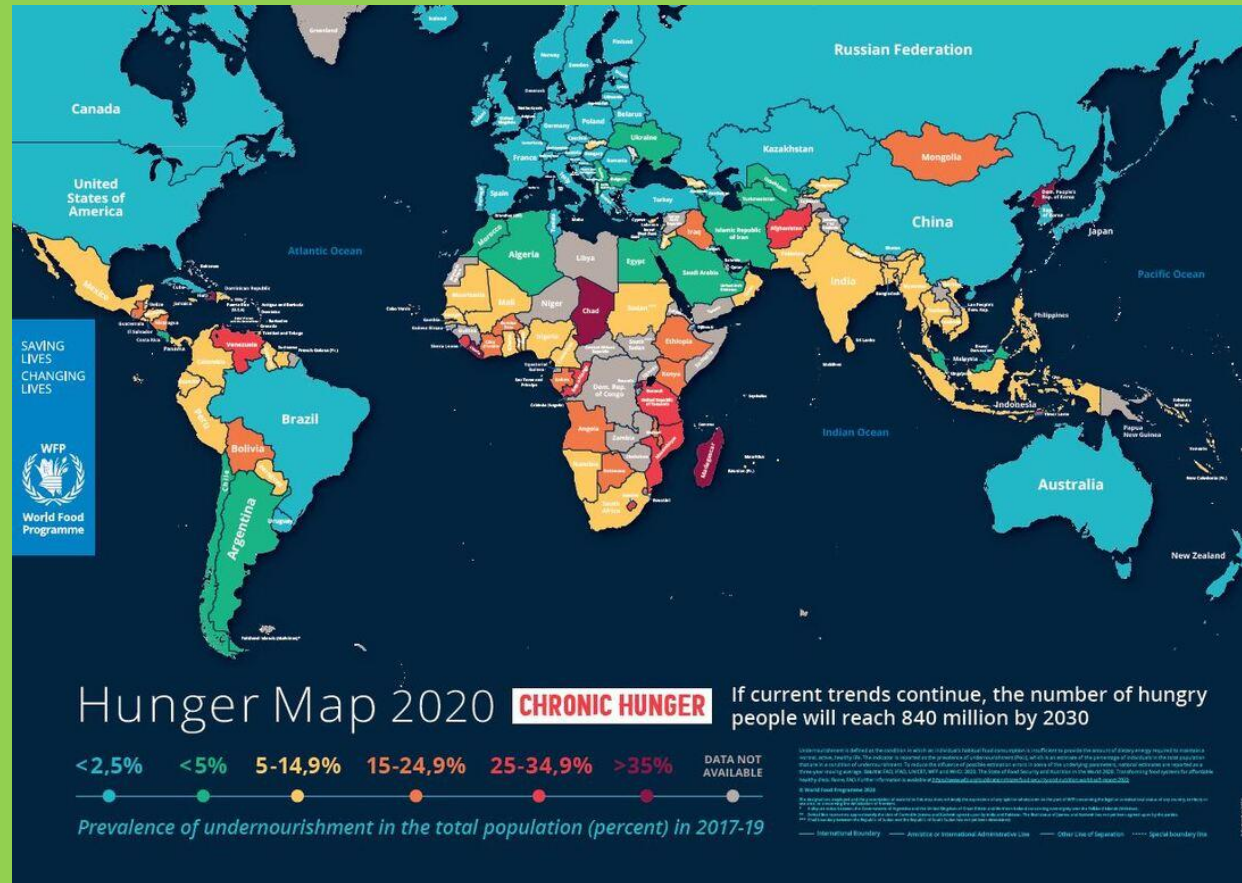
- *It means that for every 100 items of food bought – 17 are not used.*

# 17% of food is also:

- 17% more land to grow the food.
- 17% more water to irrigate the food.
- 17% more fuel to transport the food
- 17% more packaging to pack the food
- 17% more trips to the supermarket
- 17% more space needed in your fridge
- 17% more waste to be handled



**A shocking fact** - Nearly one billion hungry people could be fed on less than a quarter of the food that is wasted in the UK, US and Europe.



# Imagine the benefits of saving 17% of food

- More resources to feed the hungry
- Save water
- Reduce waste
- Lower our carbon footprint
- Save money
- Save time



WE WOULD HELP SAVE **OUR** PLANET

# Feed the World from your fridge

## **TOP TIPS for saving food, so we can feed the World:**

- Plan your shopping (less trips to the supermarket)
- Cook the right amount (weigh your food before cooking)
- Use left-overs for snacks
- Use left-overs to create new meals
- Cook double and freeze half (saves time and energy)
- Use garden produce (herbs, fruit & veg and more)
- Shop local
- Buy food with low food miles, local is best, Irish is great.



...and you will save money



# How would I start?..

The answer ***FRIDGE RAIDERS***

- 5<sup>th</sup> and 6<sup>th</sup> class of St Saviour's NS in Rathdrum have written an online book just for you, and watch out because we are adding more recipes too.
- Each recipe uses fridge-scrap to create a delicious meal or snack.
- Each recipe is a firm family favourite
- Each time you cook one of these recipe you will become an environmental SUPERHERO



# FRIDGE RAIDERS

- The ULTIMATE cookbook for FRIDGE RAIDERS
- Click on the link (no paper used – we are environmental heros!)

[http://stsavioursns.com/?page\\_id=1141](http://stsavioursns.com/?page_id=1141)

