



Dear Parent/Carer,

Did you know the average UK family with children wastes about £720 worth of edible food per year? Year 7 student's here at Trinity have the opportunity to take part in a fun, educational programme to inspire young people to save money by minimising food waste, and help save the Earth! Your child will be exploring the issue of food waste through the Food Rangers education programme, created by We Are Futures in partnership with Asda.

At school, pupils will complete a series of missions to explore reasons and solutions to food waste in the UK. Here are some food waste facts your child will learn:

- Buying what you need, storing food correctly and eating what you buy is the best way to tackle food waste in the home.
- Some of the most wasted foods in the UK are, bread (20 million slices daily), milk (3.1 million glasses daily), potatoes (4.4 million daily) and cheese (3.3 million portions daily).
- Foods that are past their use-by dates are not safe to eat. However, food that is only past it's best-before date is still okay – it might not be the best quality. 50% of people don't check the use-by dates - always check the use-by and best-before dates carefully.
- Many foods can be stored in the freezer. It's surprising how much you can freeze. Check <https://lovefoodhatewaste.com/article/food-storage-a-z> to see what can be frozen.
- Reducing food waste helps fight climate change because wasted food means the energy used to grow, transport, cook and dispose of food was wasted too.
- Globally, we throw away one third of all the food we produce for human consumption. In the UK we throw away a shocking 4.5 million tonnes of edible food each year!

To inspire young people to bring their messages home into their community, your child has been given a home learning pack with some extra tips and ideas to minimise food waste at home. Completing the tasks in the home learning booklet is the quickest way for your child to complete all the Food Ranger Missions, and get their certificate! Each time your child completes a mission, they need to bring their Mission card to Miss Bonnick, the Food and Nutrition teacher here at Trinity (room DT7). I will then give your child a sticker for each mission that they complete (there are 5 in total), and when they have completed them all, they will be given a certificate for their achievement.

Your child may wish to continue their research at home, and we recommend this website as a starting point <https://www.lovefoodhatewaste.com> .

Kind regards,

Miss S Bonnick

Teacher of Food and Nutrition