



Media release

8 December 2010

Give food waste the flick this festive season

The average Australian household is throwing out the equivalent of three week's worth of groceries each year, according to Planet Ark.

With consumption levels at their highest due to the onset of the festive season, Planet Ark is reminding Australians that sensible shopping can be fruitful for the environment as well as the hip pocket.

“Collectively, Australians send \$5.2 billion worth of food to the bin each year, that’s about \$616 per household,” says Planet Ark spokeswoman Rebecca Gilling. “With the average Australian household now spending \$176.84 on groceries each week, families are literally wasting money and trolleys full of food.”

This December Australians are expected to spend a whopping \$15.7 billion on food. So with the grab for groceries about to reach top gear, Planet Ark is encouraging Australians to get waste-wise in time for the festive season and offers this simple advice.

“At the supermarket be strict and stick to a shopping list, if you buy only what you need your food waste will shrink,” says Gilling. “Open packets only when you need them, enjoy your leftovers on Boxing Day and any food that doesn’t get eaten in a post-Christmas degustation should be recycled.”

Planet Ark’s RecyclingNearYou is Australia’s most comprehensive household recycling directory. In addition to listing drop off and collection locations for items such as printer cartridges, mobile phones, tyres and car and household batteries, the phone and website service has information on how to recycle leftovers and food scraps.

“When food is sent to landfill it decomposes and releases methane, a greenhouse gas with more than 20 times the global warming capacity of carbon dioxide,” says Gilling. “This summer, when you’re celebrating with friends, you can use RecyclingNearYou and its helpful composting tips to make recycling your food and garden scraps part of your festive season.”

The RecyclingNearYou.com.au website and phone line (1300 733 712) were established by Planet Ark in conjunction with foundation partner Sensis®.

##ENDS##

To obtain an image, arrange an interview or for further information, please contact:

Michelle Cook
Planet Ark
02 8484 7209
michelle@planetark.org

Emma Franklin
Planet Ark
02 8484 7200
emma@planetark.org