**THE TRUTH ABOUT FOOD WASTE**

Million tonnes of food and drink are thrown away every year: 7.2

Of all the food we buy that's a massive 19% which would fill Nine Wembley Stadiums.

Million tonnes could have been eaten: 4.4

Which produces 17 million tonnes CO₂, the same amount of CO₂ produced by one fifth of all cars.

Million tonnes weren't used in time: 2.6

Which costs us £6.7 billion and costs the average household £270.

88% of people think that packaging is a bigger or equal problem to food waste.

But compare the CO₂ emissions of the food we buy and the packaging it comes in (in million tonnes):

- Food: 166
- Packaging: 10.8

61% of people think fruit and veg goes off quicker in its packaging.

13% know that storing food in its original packaging will keep it fresher for longer.

How much longer does packaging make food last?

- Cucumbers
- Salads
- Sliced meats
- Bread and rolls

All data is from the UK. For more tips on the best way to store your food go to lovefoodhatewaste.com. Infographic produced by Shift. For more information see shiftdesign.org.uk.