



ECO-Tips April 2026

Our Eco tips for April are in conjunction with food waste day April the 29th.

Food waste is a global issue with a wide variety of environmental, humanitarian, economic and ethical problems. Reducing food waste helps conserve Gods valuable resources, reduce greenhouse gas emissions, combat hunger and save money. Every small action counts. As Christians we can help make a significant impact by respecting the food we have and ensuring as little as possible goes to waste.

John 6:12 Jesus said gather the pieces that are left over. Let nothing be wasted This was the feeding of the 5000 showing food is a valuable gift.

The campaign theme this year is to prevent waste at source, repurposing leftovers, and educating on sustainability.

Food waste occurs at every stage of the food chain from farms to production facilities supermarkets to kitchens. Around one third of all food produced globally is lost or wasted while millions of people suffer hunger.

Anyone can play a part in reducing food waste as an individual, school, business, and churches.

You will be surprised at the 5 most wasted foods in the UK.

Here are some tips how to use:

Bread over 240 million slices lost in a year

Freezes well especially for toast. Use stale bread to make croutons, eggy bread or bread and butter pudding.

Milk 5.9 million glasses poured down the drain annually.

Make smoothies, sauces or rice pudding and milk does freeze

If it is starting to turn try making cheese

Potatoes 5.8 million potatoes wasted each year.

Store them properly in a dark place

Cook them and freeze in small portions.

Make gnocchi and use left overs for bubble and squeak

Cheese often wasted because of mould

Scrape off mould and use the rest

Use left overs for sauces and most cheese freeze for later use

Apples 1.3 million apples thrown away yearly.

Store correctly in cool dark place make sure they are clean and not touching each other.

If you have too many cook and freeze them.

There is so much we all can do. Try accessing free cookbooks online to help you use your left overs or share extra food you may have with neighbours and friends

So taste your food don't waste your food