



The CK Food Waste Challenge

Information pack



Charlton Kings
Parish Council

The CK Food Waste Challenge



Welcome to the CK Food Waste Challenge!

In Charlton Kings we throw away enough uneaten food each month to fill about 382 wheelie bins. And that has a big impact on our carbon footprint. In one month we are producing about the same amount of CO₂e (all greenhouse gases) as 168 people flying to New York and back.

But we have the power to change it!

Week 1 - Record

During this four week challenge the first step is to record the amount of food waste that is being produced, that way we know if the things we have done during the challenge have made a difference.

Weeks 2 & 3 - Reduce

The next stage is where the action is! Using some simple techniques and handy tips and tricks, we will take steps to reduce the amount of edible food we put into our caddies each week.

Week 4 - Results!

Week four will hopefully be the most exciting! Going through the same monitoring process as in week one, while carrying on with our food waste reduction plan, we will hopefully see a reduction in our food waste!



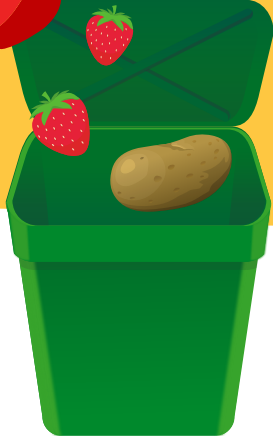
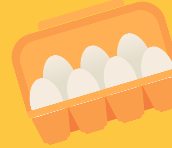
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Week 1



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Week 1 - Record

This week we will be looking at the amount of edible food that we throw away by weighing it before it goes in the food caddy or in the compost.

We only want to measure edible food, so don't worry about weighing things like teabags, meat bones or other things you wouldn't eat anyway.

How to do it

1. If you have electronic scales, add a container to the scales and 0 them, if not just add the food directly to the scales.
2. Add the food waste you would like to weigh.
3. Note down the weight and the estimated value of the food in the chart on the next page.
4. Once done, add the food waste to your food waste caddy or compost.

We would love to know how you get on!

Let us know by emailing a photo of your completed chart to
ckfutures@charltonkingsparishcouncil.gov.uk



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Week 1 - Record

Date	Item	Weight (g)	Approx. value of that portion (£)

Name _____



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Week 1 - Record

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Weeks 2 & 3

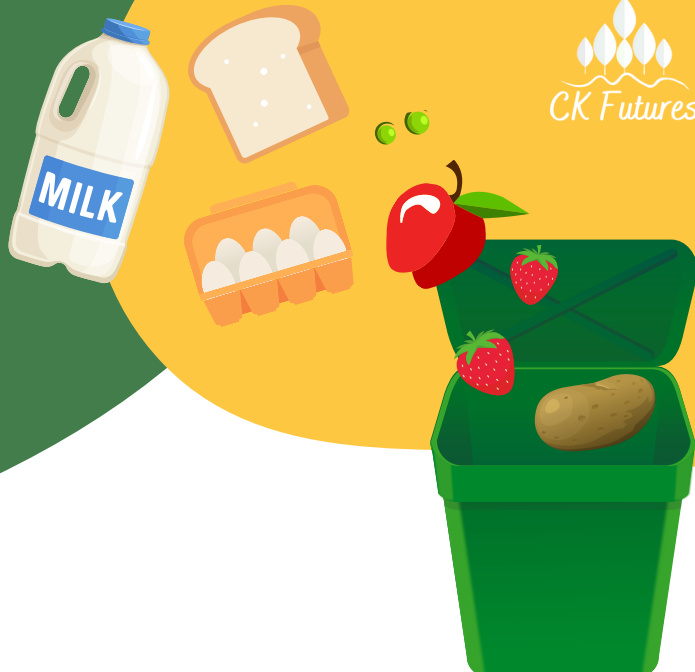


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See how much you can reduce your food waste by using some of these simple techniques

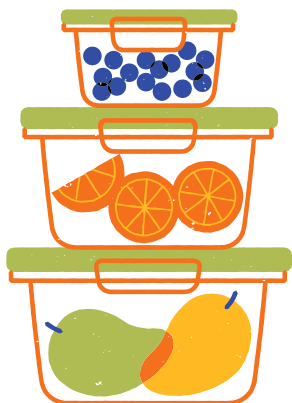
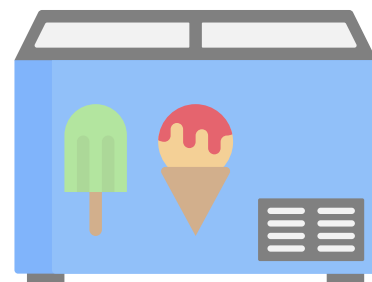


Get organised

Planning meals, taking shelfies (pictures of your cupboard or fridge), and checking the freezer before we shop are all good ways to try and make sure we don't buy too much food.

Love your freezer

There are so many things we can freeze to keep them for longer including batch cooked meals, sliced bread, chopped garlic, grated parmesan and cakes.



Sort the storage

Visit www.lovefoodhatewaste.com and search for 'food storage' to see a full list of foods and how to store them for maximum freshness.

Cook clever

Making extra for the freezer, swapping recipe ingredients and serving smaller portions can all help reduce the amount of food we waste.



Get more tips at
lovefoodhatewaste.com

Tell us how you're getting on...

#ckfoodwastechallenge



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Week 4



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Week 4 - Results!

This week we will be repeating what we did in Week 1, but this time while carrying on trying to reduce the amount of edible food we throw away.

We can't wait to see the results!

How to do it

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Week 4 - Results!

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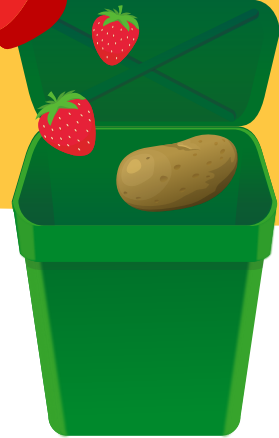
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Week 4 - Results!

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CK Futures is a Charlton Kings Parish Council initiative, set up to help the Charlton Kings community to live sustainably and to play its part in tackling the climate crisis.