

## Become a socially responsible citizen!



### Why?

We throw away over 10 million tonnes of food while 800 million people worldwide are starving. A UK family bins, on average, 22% of their weekly food shop, which adds up to over £700 a year. It is absolutely shameful!

### How?

Don't be part of this wasteful society that bins edible food! Instead use one of these two apps.

- **Waste Not** is the cleverest of food apps. It connects needy people in your local area with surplus food, free of charge. Just sign up and post photos of your leftovers. A hungry person will contact you and collect the food. Or just take the food to a local drop point. Thanks to **Waste Not**, many people in need have been able to eat a much needed meal a day.
- **Save It** is the best app for you if you own a restaurant. Don't bin your surplus food! Instead, post a photo of it on **Save It** and, for £1 per transaction, you can sell it at 70% discount. The customer will use the app to place an order, pay and then collect it.

Find out more at [www.ecoapps.coz](http://www.ecoapps.coz)

## EATING OUT MAGAZINE

### Doggy bags By Joe Evans



Doggy bags are common when eating out in America, but the British are reluctant to request one. A survey shows that 25% of British diners are too embarrassed to ask for a doggy bag, with 24% wrongly believing it is against health and safety law.

In America doggy bags are part of the service and freely handed out by the waiter after the meal. This is because portions are big and people know they can get two meals from one.

In India, China, Malaysia, the Philippines and South Africa doggy bags are also common practice. In top restaurants they even wrap the leftovers in sophisticated packaging. The Chinese regularly take home their leftovers to make a stir-fry the next day. In France the government has passed a law forcing restaurants to give a doggy bag to any customer who asks for one.

So, why do the British still consider it rude to ask for a doggy bag? Is it the name? Then change it! In America they call it a “to go box” or a “carry out”. Whatever it is, don’t waste your food! Take your leftovers home!

### Text 3

#### HAREMEAD FOOD BANK

43 Chelsea Road, Haremead, HM2 4BC

Date as postmark

The Manager  
Premium Food Stores  
3 Middle Road  
Haremead  
HM2 5ZT

Dear Sir / Madam

Having watched a shocking TV report on food waste in this country, I would like to ask what you do with your unsold food. I often see your bins overflowing with good food, and I can see no evidence in your store that you support a local charity.

Before I continue to shop in your store, I want to be sure that you do donate your unsold surplus food to a local charity.

If you do, please display a notice in your shop window stating which charity you are supporting. If you don't, please contact me on 03124 59801 so that I can arrange for your surplus food to be collected at the end of each day and taken to our local food bank, where it can help the hungry, instead of being shamefully binned.

Yours faithfully

*Julia Ramy*

Julia Ramy  
Manager  
Haremead Food Bank