

**Fact 1.** All the food that we consume requires natural resources (like water, soil and sunlight) to grow, and energy to transport and process. For example, one 250ml glass of milk requires 225 litres of water (the cow producing the milk needs water to drink and water to grow the food that it eats). One kilogram of bread requires 1,608 litres of water to produce, while 500 grams of chocolate requires 8,598 litres of water. When food is wasted, natural resources are also wasted. ([Source](#))

**Fact 2.** Most of our wasted food is sent to landfill. Food (and other organic matter) that rots in landfill releases methane. Methane is a greenhouse gas that is more harmful to our atmosphere than carbon pollution. It is far better to put your food waste in a compost bin where it gets broken down in a way that doesn't release methane.

**Fact 3.** Food insecurity is when someone doesn't have access to enough nutritious and affordable food. In Australia, over 4 million people have experienced food insecurity in the last 12 months, meaning they weren't able to have as much food as they needed. 22% of these were children. – Food Bank

**Fact 4.** Food insecurity is when someone doesn't have access to enough nutritious and affordable food. Research has shown that in Australia those most likely to experience food insecurity include homeless young people, single parent families, Aboriginal families and newly arrived refugee communities. People living in regional and rural areas are more likely to experience food insecurity than people living in cities. – Food Bank

**Fact 5.** It is estimated that 1 in 5 of the bags of supermarket shopping that Australians bring home will end up in the bin. This is because we cook too much food, we buy things we don't need (we should be checking the fridge or cupboard before we shop), we read the use-by date information incorrectly, and we don't know what to do with our leftovers. – Food Wise

**Fact 6.** The main types of food that Australians waste are fresh food (33% - includes things like fruit and veggies, bread and dairy items), leftovers (27%), packaged items (15%), drinks (9%), frozen food (9%), and takeaways (7%).  
– Food Wise