

Bon Appetite! Love Food!

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The Urban Community



Top 5 Foods We Like to eat

Italian - 91%
Traditional Irish - 75%
Chinese - 75%
Indian - 70%
Mexican - 67%

85% Plan what you are going to cook in advance

75% Shop specifically for these meals

59% Cook from scratch at least 4 times a week

Super-Veg

33% Eat plant based products e.g. vegan meat substitutes, vegan ready meal

Food-waste

23% Throw out food that's passed its used-by date every week

Reasons for food waste

63% let food go by its use by date
30% bought too much food
18% cook too much
16% blame picky eaters!

Reducing food waste by:

53% stick to a shopping list
67% freezing food before the sell by date
55% using leftover ingredients in my next meal rather than throwing them away

73% bring their own lunch to work

Top Take Away

44% Chipper

45% Pizza

49% Chinese

35%

Order takeaway once a week

Using:

35% Deliveroo

75% Just Eat

We see you ;-)

49% Have a sneaky glass of wine while you are cooking.

33% Give yourself a larger portion than your guests or family members when serving up food

30% Keep the 'good' biscuits for guests and 'cheaper' ones for family

61% Buy treats just for yourself and not share with other members of your household

17% Used the last of the milk without telling anyone