

Eco Cooler and E.G.G. – helping reduce household food waste

Submitted by: ECOulet

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In the UK we throw out an estimated 6.7 million tonnes of household food waste every year which accounts for around a third of all the food we buy.

Approximately half of this domestic food waste is edible food which translates into a financial cost of £250 to £400 a year for every British household. In addition to the economical impact, food wastage has an enormously detrimental effect on the environment impacting on landfill and contributing to the production of greenhouse gases.

By adapting a number of simple measures such as planning when to shop for food and only making necessary purchases consumers can considerably reduce their food waste.

Food storage is also an important factor and proper storage eliminates premature aging of fruit and vegetables which in turn reduces the amount of wasted food.

Queue the Eco Cooler and E.G.G....

New eco product (<http://www.ecoutlet.co.uk>), the Eco Cooler (RRP £69) is an innovative hand made terracotta fruit bowl and root vegetable store with natural cooling properties.

Water poured in the bottom plate is absorbed by the terracotta. As the water evaporates it cools helping to create the ideal cool, damp, dark environment to store potatoes, onions, garlic, swede and other root vegetables inside. Root vegetables last longer if stored 3-4 degrees below room temperature and in an environment a little warmer than a fridge.

Fruit likes to be slightly chilled, but stored in the open air and light, so Eco Cooler (<http://www.ecoutlet.co.uk/shop/product/812/living/kitchen/eco-cooler/>) also has a bowl on top which cools fruit just a couple of degrees.

Also available from online eco shop (<http://www.ecoutlet.co.uk>), ECOulet, the E.G.G. Ethylene Gas Guardian (<http://ecoutlet.co.uk/shop/product/809/living/kitchen/egg-ethylene-gas-guardian/>) (RRP £3.99) is an ingenious little egg shaped device which can save households money by absorbing the ethylene gas fruits and vegetables give off in the fridge thus keeping them fresh for longer.

Many fruits and vegetables, especially if they have been damaged, give off ethylene gas as they ripen. Much of the fresh produce in refrigerators is sensitive to the presence of even very low levels of ethylene gas and the refrigerator acts as a trap for the ethylene gas allowing it to build up to damaging levels.

The easiest way to save the costs of prematurely aged produce is to declare the refrigerator an ethylene gas free zone. By keeping this environmentally friendly product (<http://www.ecoutlet.co.uk>) on duty in the refrigerator, a very low presence of ethylene is assured regardless of what produce is stored there and users can continue to enjoy fresh produce for longer whilst saving money at the same time.

Some food waste is of course unavoidable but rather than sending it to landfill these can be recycled with a Bokashi Home Composting Bin (<http://ecoutlet.co.uk/shop/product/243/garden/home-composting-bin/>) (RRP £39.95). Every time there are scraps of fruit and vegetable peelings to be disposed off, place them in the Bokashi Bin along with a sprinkling of bokashi bran. When the bucket is full, leave for two weeks and then either dig the resultant Bokashi in the garden or add to the compost heap. As the Bokashi is 'composting' in the bucket, a nutrient rich liquor is also produced which can be used as a plant feed for the garden.

ECOOutlet is a website for people who care about the planet. It sells products that make a positive contribution to the environment and offers advice and tips on sustainable living.

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