

## Freeze your leftovers

In partnership with Hubbub, we have compiled this methodology to substantiate the potential savings that the average household could achieve when adopting the following behaviours at home.

**GB:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. The average household could save **£311** a year on takeaways

**NI:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. Your household could save an average **of £364** a year on takeaways

**IE:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. Your household could save an average of **€560** a year on takeaways

With so many variables and contributing factors to consider, there is no one-size fits-all when it comes to savings. We have worked with a combination of reliable sources, official statistics, averages and assumptions to give IKEA customers an idea of the potential savings from an 'average household'. We've positioned the savings as 'around' or 'an average', as the data is based on estimates and averages so should be used as a guide. Actual savings could be higher or lower.

### Cost Savings

#### GB and NI

The cost saving calculate assumes swapping one takeaway per household per month for a leftover meal. The cost also assumes the takeaway is per household not for an individual.

#### Calculations:

- $£11 \times 2.36 \text{ people} \times 12 \text{ months} = £311.52$
- $£12.87 \times 2.36 \text{ people} \times 12 \text{ months} = £364.47$

Assumptions	Source
59% of Brits have at least one takeaway a week, with 39% having one at least several times a month or more	YouGov: <a href="#">How often are consumers eating takeaway food</a> (2022)
According to this analysis of data from the Office of National Statistics, the average consumer spends £11 a week on food out of the home. The report also found that in Northern Ireland 17% more is spent on food suggesting an average of £12.87 is spent on food out of the home per week.	NimbleFins: <a href="#">Average UK household cost of food 2025</a>
The average household size in the UK is 2.36 people	ONS: <a href="#">Families and households in the UK 2022</a>

74% of household food waste could be eaten, with UK households throwing away £1,000 worth of edible food per household per year	WRAP: <a href="#">Key findings from WRAP's measurement research</a> 2024
---	--

## IE:

*The cost saving calculated assumes swapping one takeaway per household per month for a leftover meal The cost also assumes the takeaway is per household not for an individual.*

## Calculation:

- €46.69 x 12 months = €560.28

Assumptions	Source
The average Irish person orders an estimated 2.9 takeaways each month	Just Eat: <a href="#">Food Delivery Report 2023</a>
The average consumer spends €46.69 a month on takeaways that are most likely to be ordered to share (therefore not multiplied by the average household size)	Just Eat: <a href="#">Food Delivery Report 2023</a>
The average household size in Ireland is 2.74 people	Housing Agency: <a href="#">Average Household in Ireland (2024)</a>
Food waste costs the average Irish household about 700 euros per year, much of which could be eaten	Environmental Protection Agency: <a href="#">Food waste statistics 2024</a>