





Cut your food waste in half!



If food waste were a country, it would be the 3rd highest emitter of carbon dioxide after China and the USA!



According to the Somerset Waste Partnership, the average household throws away £470 worth of food every year! That increases to nearly £700 for households with children!



Every step of food production has a carbon footprint- from ploughing seeds, transporting animal feed, the fuel needed for farm machinery, transporting goods to shops, to the gases released as food decomposes. Wasting food also wastes all of the energy used in the production process!

By signing up for this challenge, you are pledging to do your part to help reduce food waste, and try to cut your waste in half!



What can you do?

Simple things make a difference. Take a look at our Quick Tips for an overview of what to do!

First steps for meal prep:

- ✚ Take a look in your cupboard, what meals can you make with what you already have?
- ✚ Make a note of what you would need to complete the meal.
- ✚ Make a meal plan based on expiry dates
- ✚ Keep vegetable peelings/ ends in a bag in the freezer to make your own stock!
- ✚ Consider portion sizes before you cook
- ✚ Keep leftovers for lunch, or incorporate them into tomorrow's meal, or freeze for a later date

Get Creative!

It is easy to get stuck in a routine of the same meals, but there are loads of recipes out there to help you make the most out of your food/ leftovers!

Make smoothies from fruit that is about to turn

Make bread from your old bananas

Make soup from excess veg

Make a hash from Sunday roast leftovers

The LoveFoodHateWaste website is full of fantastic tips to help you cut food waste in half!

<https://lovefoodhatewaste.com/>

Make a list of what you need before you go shopping- and stick to it!



Learn the best way to store food; airtight containers will keep your food fresher for longer



Plan your meals based on what you have left in the cupboard before buying more food



Plan your meals around expiry dates



Keep leftovers for lunch or incorporate into tomorrow's dinner



Make use of your freezer!
Freeze a loaf of bread and take one slice at a time for toasting



Quick Tips to cut food waste



Keep bananas separate from your other fruit items to prevent over-ripening

Keep vegetable trimmings/ ends in a bag in your freezer to create your own vegetable stock



Fermenting is a great way to preserve veg- and it makes a tasty snack!



Turn the heels of bread into pizzas!
This is a great activity for kids and you can use the last bits of veg as toppings!



Check your egg's freshness using the 'float test' before throwing them away

Check portion recommendations to prevent preparing too much



If your fruit is overripe, create fruit smoothies- these can be frozen into ice lollies for dessert!



Vegetable stock from waste? How?!

- Collect vegetable skins, peelings and ends in a food bag and store them in your freezer
- Once the bag is full, put the frozen scraps into a pot
- Add herbs/ garlic/ salt/ pepper to taste
- Add water so the vegetables are just covered, stir and simmer
- After simmering for a few hours, strain the contents of the pot, keeping the liquid
- You can separate your stock and freeze it into icecubes for easy portioning, or freeze larger quantities.
- Tad-ah! Your very own vegetable stock!

Where to store it?

Knowing the best way to store your food will help keep things fresher for longer. Here is a quick guide.

Fridge

Milk/ dairy products
Plant-based milk
Eggs
Salad (e.g. lettuce/
cucumber/ tomato)
Berries
Raw meat
Mayonaise
Vegetables
Fruit
Fruit juice
Sauces

Your fridge
should be set
below 5 degrees
celsius!

Freezer

Bread
Milk
Cheese (grate before freezing)
Vegetables
Fruit (81% of fruit is freezable)
Potatoes (roast or mash
potatoes are great for freezing!)
Eggs (not in their shells)
Meat
Pasta (cooked)
Rice (cooked- check guidelines
on how to store/ reheat rice
safely)

Cupboard		
Bananas	Pasta	
Potato	Rice (uncooked)	
Onion	Squash	
Cooking Oil	Sweet Potato	
Pastry items	Sugar	
Bread	Wine	

The key to cutting back on leftovers is knowing your
portion sizes!

Here is a quick guide



75g of dried pasta



80g (or 3 heaped
tablespoons) mushroom



75g of rice



80g (or 3 heaped
tablespoons) lettuce



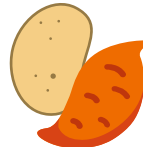
150g (of 4 tables spoons)
of baked beans



80g (or 1 medium) tomato



30g of cheese



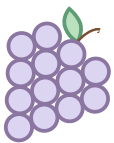
180g (or 3 egg-sized peices)
of potato (boiled)



80g (or 20x) blackberries/
blueberries



120g (or 2 egg-sized peices)
of potato (roasted)



80g (or 15-20x) grapes



105g of raw chicken



80g (or 15-20x) strawberries



90g of beef



80g (or 3 heaped
tablespoons) broccoli/ peas



107.5 g of white fish

Meal Planner

<i>Day</i>	<i>On the menu...</i>	<i>From the shop...</i>
<i>Monday</i>		
<i>Tuesday</i>		
<i>Wednesday</i>		
<i>Thursday</i>		
<i>Friday</i>		
<i>Saturday</i>		
<i>Sunday</i>		

Notes...