

# 16 Ways to Reduce Food Waste

Tick off or stamp each time you try one of these ideas. See how many become part of your routine.



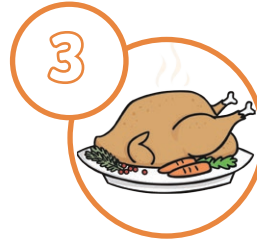
1

Weekly  
Meal Plan



2

Store  
Your Food



3

Home-Made  
Stock



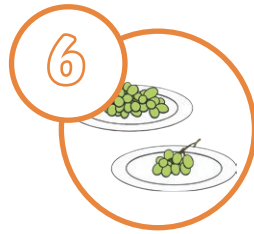
4

Leftover  
Vegetable Soup



5

First in,  
First Out



6

Portion Size



7

Monitor Your  
Food Waste



8

Use by or  
Best Before



9

Compost Bin



10

Overripe  
Banana Muffins



11

Gardening  
with Eggshells



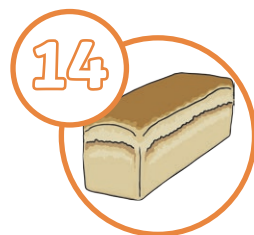
12

Skin  
on Vegetables



13

Doggie Leftovers



14

Freeze  
Your Bread



15

Freezer Tapas



16

Feed the  
Birds Leftovers

## 16 Ways to Reduce Food Waste

1



Plan your menus on a weekly basis and take a shopping list to the supermarket so that you only buy what you need.

2



Think about how you store food, making sure that you are keeping it as fresh as possible; for example, by using airtight containers to store crackers or biscuits.

3



When you've had a roast chicken, make stock with the bones. You can find a recipe [here](#).

4



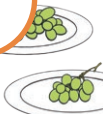
Make soup with vegetables and salad leaves that are looking a little tired. You can find a recipe [here](#).

5



Follow the 'FIFO' principle – 'first in, first out'. When you're putting away the shopping, put newer stuff at the back and move older stuff to the front. This reduces the chance that food will pass its 'use by' date and have to be thrown away.

6



Think about portion size. Research how much of different foods is considered a portion for men, women and children, and serve accordingly. This could benefit your health too.

## 16 Ways to Reduce Food Waste

7



Monitor the food you throw away for a week. Notice if there is anything you throw away a lot of, such as bread or fruit, and use this information to change your shopping or cooking habits.

8



Know the difference between 'use by' and 'best before'. 'Use by' means you should discard anything that is past the date and should not be consumed. 'Best before' is a recommendation; trust your judgement - if it looks and smells OK, it is OK!

9



Compost your fruit and vegetable waste. Many local authorities will provide you with a compost bin. You can also add grass clippings, garden waste and even shredded paper.

10



If you have bananas that are getting a little too ripe, make them into a banana cake – find the recipe [here](#). You can also freeze overripe bananas and use them when you have time to bake.

11



Bake eggshells in the oven until crumbly. Break them up and add to your compost. Alternatively, place crushed eggshells around the base of plants in your garden – slugs and snails hate them and will stay away.

12



Use as much of a fruit or vegetable as possible. Leave the skins on potatoes, cucumber, carrots and apples, and use the stems as well as the florets when cooking with broccoli or cauliflower. Bonus: this means you are getting more nutrients as well.

## 16 Ways to Reduce Food Waste

13



Dogs will happily eat leftover cooked vegetables, such as carrots, sweet potatoes, spinach, green beans and sprouts. They can also try fruits such as apples and melon. You should not give them onions, garlic, mushrooms, avocado, grapes, raisins or rhubarb, however, as these can be toxic.

14



If you often find yourself with mouldy bread, try freezing half the loaf and taking it out when you need it. You can also successfully freeze cheese and milk.

15



Freeze leftovers, such as casseroles and pasta sauces. There may not be enough left for the whole family, so have a 'freezer tapas' night every so often. Take out and reheat all the leftovers, serve along with accompaniments, such as bread, pasta or potatoes, and let people help themselves to a bit of everything.

16



Feed the birds in your garden with leftover foods. Try grated cheese, finely chopped bacon, fat from unsalted cuts of meat, cooked rice, dry cereal, breadcrumbs, leftover pastry, cake crumbs, cooked potato, dried fruit or cut up apples and pears. Do not give garden birds leftover cooking fat, cooked porridge or food that is mouldy.