



Love Food Hate Waste

Over a third of the food we buy in Scotland is thrown directly in the bin and at least half of this could have been eaten.

🍌 Over £800m worth of food is wasted by consumers in Scotland each year. That's an average of £366 per household!

🍌 Around 650,000 tonnes of food waste is thrown out by Scottish households each year.

🍌 If we stopped wasting all this food, we could prevent carbon dioxide emissions equivalent to taking 1 in 4 cars off the road.

The main reasons we waste our food are that we cook or prepare too much and that we let our food go past its use by date or forget we have it.

The Love Food Hate Waste campaign provides you with practical hints and tips to help you avoid wasting food.

Planning and Preparation



"If I don't check what I've got in my cupboards before I go shopping, I end up buying things I already have."

Suzanne, Food Waste Champion

Planning your meals and your food shopping is a great way of getting organised in the kitchen and avoiding food waste.

🍌 Take five minutes to think about the meals you would like for the week ahead. You'll also find it much easier when you go food shopping if you have meals in mind.

🍌 Try planning something simple and straightforward for the days when you will be busy or home late, such as a leftover meal from the freezer.

🍌 If you buy a lot of fresh produce, you could try buying smaller quantities of fresh food more often so you can enjoy it when it is at its best.



"Planning out your weekly meals is both easy and kinder on the wallet as you end up chucking less away. If you're having a roast chicken, why not use up the carcass and trimmings by planning to make chicken soup and chicken sandwiches the next day?"

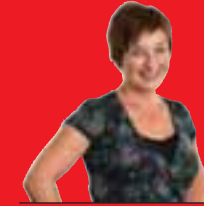
Nick Nairn, Chef



For more planning hints and tips visit

www.wastewarelovefood.org.uk

Storing



"My food goes in the fridge or freezer in date order so the stuff at the front gets used up first."

Alex, Food Waste Champion

Knowing how food should be stored and how long it can be stored for, means you can always enjoy your food at its best.

🍌 Try rotating the food in your cupboard, fridge and freezer so that you don't forget the food at the back.

🍌 The best way to store your food is in suitable containers or bags, making sure they are well sealed and air-tight.

🍌 Remember to keep your fridge between 0-5°C. You can purchase fridge thermometers quite cheaply to show the temperature.

🍌 Keep your cooked and uncooked food separate in the freezer so you know where everything is.

🍌 Instead of freezing whole packs of meat and fish, try wrapping portions individually, so you can take out what you need.



For more storage hints and tips, and more information on food labels and storing food safely, visit

www.wastewarelovefood.org.uk



"Use storage containers where you can to keep food fresh prior to use and to store any leftovers for reuse."

Martin Wishart, Chef

Food Labels

It can be easy to get confused by the different labels on food, but the important ones you should look out for are 'use by' and 'best before'.

Use by

Food should be used by this date. 'Use by' dates appear on food that can go off quickly such as fish, meat, milk, soft cheese and packet salad.

Best before

'Best before' dates appear on a wide range of foods that last longer, such as frozen, dried and tinned food. 'Best before' dates tend to be about quality rather than safety. It should be safe to eat food after this date, but the food might begin to lose its flavour and texture.

Other dates

Other dates such as 'sell by' and 'display until' are used by shop staff to know how long produce can be on display for.



"The freezer is really useful for preserving food you can't eat; buy robust freezer bags and a freezer pen so you can label and date as you freeze."

Nell Nelson, Food Writer

Portioning



"You buy more because you think you're saving, but really you're not - you end up throwing half of it out. We're all guilty of doing it."

Graham, Food Waste Champion



Thinking about your portions sizes is a great way to help you plan how much food you need and avoid cooking too much.

🍌 Try buying your fruit and vegetables loose so you can buy exactly how much you need.

🍌 If you find some of the portions of food too big, look out for the smaller size options available, e.g. half loafs of bread, half cucumbers and smaller packs of cold meats.

🍌 Look out for the recommended portion sizes available on ingredients such as pasta and rice.

🍌 Your local butcher, deli, greengrocer or counters at your local supermarket can provide you with the exact amount you need.



"All too often food is wasted unnecessarily - either by people guesstimating quantities or cooking too much."

Brian Maule, Chef



For more portioning hints and tips visit

www.wastewarelovefood.org.uk

Cooking and Recipe Ideas for Leftovers



"I am sure people don't actually like throwing food out but maybe think I wish I could use this but don't know how to".

Jo, Food Waste Champion

Are you sometimes unsure what to make with your leftover food? Follow some of our chefs and food writers' suggestions for leftovers to make easy and delicious meals.

Banana Bread

by Nell Nelson, Food Writer

This bread is absolutely delicious eaten straight from the oven. Sliced banana bread also makes great toast as the sugars in the bread slightly caramelize. You could also freeze the bread.

225g self-raising flour
100g softened butter
150g caster sugar
450g really ripe bananas, peeled and mashed
½ tsp salt
few drops vanilla essence
2 eggs

Pre-heat the oven to 180°C. In a large bowl or food processor, mix all the ingredients together. Spoon the mixture into a non-stick loaf tin and bake it for one and a half hours. The bread should be golden on top and a skewer when pushed into the middle should come out clean.



"People are literally throwing money away by not recognising that leftovers don't always have to be chucked in the bin."

Tony Singh, Chef

Cooking and Recipe Ideas for Leftovers

Poached beef or lamb and vegetable broth with avocado, lime and coriander

by Martin Wishart, Chef

"This is a variation of a soup that I have eaten, while visiting Mexico City. The avocado must be ripe; its creaminess works brilliantly with the sweetness from the slow cooking of the vegetables. With the addition of fresh lime juice and coriander the balance of flavours is brought full circle."

Soup:

300-500g of lamb or roast beef leftovers
3 large whole carrots
½ onion
3 sticks of celery
¼ yellow turnip

Garnish:

1 juicy lime
1 bunch of coriander
2 ripe (Hass) avocado
1 small white skinned onion

Method:

Peel the turnip, carrots and onion. Cut the carrots and onion in half lengthways. Cut the turnip into pieces that are roughly the same size as the carrots.

In a large pot place the meat with the carrots, turnip, onion and celery. Cover over with 15cm of cold water and add ½ tablespoon of salt.

Bring to the boil then turn down to a medium simmer and skim off any scum that rises to the surface. Cook for 2½ hours, until the meat and vegetables are tender.

Remove from the heat, cool and chill in the fridge for 24 hours. This will make the soup develop more flavour and is worthwhile doing.

24 hours later:

Remove the celery. Cut the meat, carrots and turnip into 2cm cubes and place in a pan. Liquidise the remaining onion and stock until smooth and pass through a fine sieve into the pan.

To serve:

Re-heat the soup and check the seasoning. Chop the whole white onion into a fine dice, cut the avocados in half, remove the stone and outer skin then cut into small pieces. Add 1-2 teaspoons of lime juice to each bowl of soup and serve with the avocado, onion and some chopped coriander on top.

More Hints and Tips for Leftovers

Here are some more hints and tips to help you make the most of your leftovers.

🍗 **Chicken** - Keep the carcass from roast chicken and make up stock to use the same day in a casserole or vegetable soup. Leftover roast leg of lamb can also be used for soups or made into a curry and served with rice.

Martin Wishart, Chef

🍌 **Fruit smoothies** - Don't be scared to experiment with whatever fruit you have leftover. Add your fruit to a blender with a banana. You can add milk or yoghurt if you prefer.

🍞 **Bread** - If you have any leftover bread or even the heel, blitz in a blender to make breadcrumbs. Store in freezer bags in the freezer and use for jazzing up chicken, fish and savoury bakes.

Nell Nelson, Food Writer



"Love your food, don't waste it - put this on a fridge magnet so that you can read it every day!"

Dr Chris Fenn, Nutritionist



For more great hints and tips for leftovers visit

www.wasteawarelovefood.org.uk

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Easy recipes and tips to help you reduce food waste

