

Top-tips for...

Saving money and preventing food waste

Not Costing the Earth



HOMES FIRST

Working together to reduce our carbon footprint

A family of four could **save up to £60 per month** by reducing food waste.

When we waste food, it's not just the food we're wasting, it's the resources it takes to produce it. It has an impact on our planet as well as on our wallets.

Food waste happens throughout the whole food chain but here are some top tips to waste less and save more at home:

Shopping and Meal Planning

- Plan your weekly meals.
- Make planning meals a family activity – ask children what they would like to help you make during the week; this could save food from the bin as they are more likely to eat food they've helped to make.
- If you live somewhere with a communal kitchen or lounge, planning some meals together can help save money and energy.
- Using recipes can help you buy only what you need.
- Plan some one-pot meals – simple stews and soups can help use up what's left in your fridge. You can switch the ingredients to use up the food you already have.
- Only buy what you need.



- Be mindful if supermarket offers will really save you money. Buying more for less may seem cheaper but will cost you more if it ends up in the bin.
- Keep a log of the food you throw out most. Writing down the types of foods that go bad can help identify the foods that they can cut back on.
- Make a shopping list. Writing the list so it matches the layout of the supermarket can help or keep an ongoing list on your phone.
- Check the fridge and cupboard before you go shopping, so you remember what you already have.
- Don't shop when you're hungry, it can lead to impulse and overbuying.
- Keep a store cupboard - tinned food is just as nutritious as fresh, & dry food like pasta, lentils, and rice last for over a year. Opened packets can be resealed with tape or stored in recycled clean jars.
- Tinned pulses such as kidney beans, butter beans or lentils are a good cheap source of nutrition including protein and have a long shelf life.
- Frozen vegetables are as nutritious as fresh and keep for longer.
- Use a portion size calculator to help prepare the right amount of food, such as the one found here: www.lovefoodhatewaste.com
- Leftovers can be made into next day lunch or dinner, for example boiled or mashed potatoes and vegetables can be made into "bubble and squeak", cooked pasta can be made into salad.
- Add a meal or two of leftovers into your weekly meal plan to avoid waste and to save time.
- Preserve excess food. Examples include turning apples into applesauce or cucumbers into pickles. People can pickle almost anything, from onions to eggs. Jams and chutneys can be made from almost all fruit.



- Combine any vegetables left into a 'clean-out-the-fridge' pot of pasta, soup, omelette, or stir fry.
- Make broth or stock, excess food, scraps, and even some bones such as chicken, are great ingredients for various stocks or broths. Boiling excess vegetables, peelings, can make a hearty vegetable broth. Broths and stocks can be frozen.
- If you have a freezer batch cooked meals can be frozen and eaten later, saving food, energy and time.
- Share surplus food or meals with family, friends, and neighbours.
- Cooking from scratch is cheaper than buying readymade meals or takeaways.
- Share your money saving tips and recipes with friends and neighbours.



Food Storage

- Keep fridge temperature at 5°C or lower this will keep food fresher for longer
 - Fruit and veg can last two weeks longer in the fridge (except bananas and pineapples – keep these cool but don't refrigerate).
 - Organise your fridge, bring the oldest dated food to the front, or allocate a shelf for food that needs eating first. First in, first out (FIFO).
 - Check dates of food regularly and eat food before the Use By date.
 - When freezing leftovers – cool first, put in a container or sealed bag and freeze. Add a label and date with a permanent marker.
- Store bread, potatoes, onions, garlic in a cool dark cupboard not the fridge.
- Revive soft root vegetables like carrots and beetroot by putting in cold water in the fridge for a few hours.



- Bread can be frozen, and you can make toast with sliced bread straight from the freezer.
- Cheese and milk can be frozen. Liquids including milk will expand when frozen so ensure there is space in the container. When defrosted shake milk if it separates.
- Previously frozen meat can be cooked and refrozen. Do not re-freeze previously frozen raw meat.

Labelling - what does it mean?

- **Best Before** – the quality of the food may be best before this date, but it will still be safe to eat after. For example, biscuits and cereal can be stored for six months after best before date, tinned for one year, and pasta for three years.
- **Use By** – You must not eat food after the use by date.
- **Display until / Sell by** – Ignore these dates. They are for retailers, not shoppers.



Other resources:

Follow Love Food Hate Waste (LFHW) on Instagram and Facebook

www.instagram.com/lfhw_uk

www.facebook.com/LoveFoodHateWasteCommunity

Cooking on a Budget Recipes :

www.cookingonabootstrap.com

www.bbc.co.uk/food/budget

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