

Compost food scraps



You can compost uncooked vegetables, egg shells, coffee grounds and more, to reduce waste and create compost for the garden and growing your own veg. [Find out more here.](#)

Add a piece of kitchen roll to bags of salad



Keep salad leaves like lettuces and spinach last longer by placing a piece of kitchen roll in the bag with them to absorb moisture. Replace the kitchen roll when absorbed to keep fresh.

Make soup with leftover veg



Homemade soup is easy to make, nutritious and delicious. Make use of leftover veg and any herbs by making into a warming soup that can be enjoyed straight away or frozen for an easy meal.

Batch cook meals



Planning meals ahead and cooking in bulk can make sure you use as much food up as possible. By cooking in batches and portioning out, the meals can then be stored in the fridge or freezer.

Learn more about cutting down on food waste, to help reduce your impact on the environment and save money, at:

<https://www.lovefoodhatewaste.com/>

<https://outofdate.org.uk/>

<https://wrap.org.uk/taking-action/>

To find out more about our work to reduce food waste through The Active Wellbeing Society's Community Cafes, visit:

www.theaws.co.uk/big-feed

or follow us on social media:

'The Active Wellbeing Society'



Tips on reducing food waste in the home



Understand food labels



Use by dates are for food safety, do not use food after this date unless it was frozen. **Best before** dates are for food quality, food is safe to eat after this date but may not be as full as flavour.

Keep herbs in water



Herbs can be kept fresh to last longer by storing them in water. You can also freeze chopped herbs in water in an ice cube tray, ready to cook.

Use veg skins to make chips



After peeling vegetables, keep the skins to bake in the oven and make tasty crispy chips.

Make a list and plan ahead



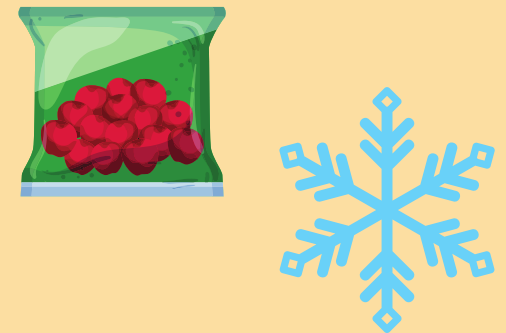
Make a list when you go shopping to avoid buying what you don't need, then plan what meals you can make with the food.

Freeze leftovers and other foods



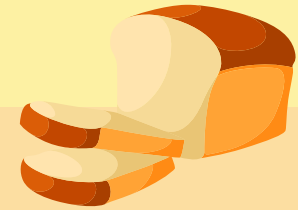
If you make too much food, freeze to enjoy at a later date. You can also freeze most sauces to use from frozen, some fruit and vegetables, milk, and bread, which can be toasted from frozen.

Buy frozen fruit and veg



Frozen food is nutritiously as good, if not better than fresh food. Buying food that goes off quickly like spinach and berries as frozen can save money and reduce waste.

Bread



1. **Croutons** - made from stale bread to add crunch and flavour to any dish.
2. **Blend it up** - pop fresh or stale breadcrumbs in a food processor then freeze in a bag to be later added to make one-pots or pasta bakes or homemade burgers
3. **Bread sauce** - add stale bread to double cream, a bay leaf and a bit of onion to make a simple bread sauce
4. **Toastie time!** - Stale bread works perfectly for toasties. Butter the sides, place on the pan or grill until it turns golden brown
5. **Bread and butter pudding** - layer stale bread slices between whisked eggs, add sugar (and any other toppings you'd like), and bake!

Potatoes



1. **Green and sprouting spuds** are still good to eat - just chop off the green bits and cook as you'd like
2. **Store spuds** in a cool, dark and dry cupboard, out of light and out of your fridge
3. **Bubble and squeak** - fry together potatoes, carrots, parsnips, peas, sweetcorn, the list is endless. You can also top with any leftover cheese or breadcrumbs.
4. **Parboil and freeze** in portions for a guaranteed crispy roast potato. Roast directly from frozen
5. **Potato salad** - boil or roast potatoes, allow to cool and add salad of your choosing with mayonnaise or salad cream

Find out how to store foods properly to make them last longer and reduce food waste, as well as more information and tips on reducing food waste at:
www.lovefoodhatewaste.com/article/food-storage-a-z

source: ukharvest.org.uk/events-and-news/news/the-most-commonly-wasted-foods-in-uk-households-2020