

Love your leftovers

Food left over from a meal can often be used the next day to make a new, delicious meal. To help create new recipes from your leftovers, keep your store cupboards stocked with everyday essentials such as rice, pasta, tinned foods, herbs and spices, flour and stock cubes to help you rustle up a meal in minutes.

Keep your store cupboards stocked with essentials such as:

Rice, pasta, tinned foods, herbs and spices, flour, stock cubes to rustle up new meals and cut down on waste.

Stuck for a recipe?

Visit: www.lovefoodhatewaste.com which has a handy leftovers finder to help you find the perfect recipe. Alternatively, download a handy app from Love Food Hate Waste for tasty meal ideas on your mobile phone.

If you have a favourite leftovers recipe or any tried and tested hints and tips to reduce food waste, then we would love to hear about them. Favourite recipes will be included on our website and may even feature in our Recycling Champions newsletter!

To submit your recipes and ideas or to find out more about becoming a recycling champion, contact us:

Visit: www.veolia.co.uk/sheffield

Call: 0114 273 4567

Email: sheffieldenquiries@veolia.co.uk

Or follow us on Twitter: www.twitter.com/recycle4Shef



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Love Food Hate Waste in Sheffield

Your helpful guide

to reducing food waste at home





Love Food, Hate Waste in Sheffield.



In the UK we throw away **7.2 million tonnes** of food and drink from our homes every year, of which most could have been eaten or drunk. Wasting this food costs the average household around **£50** a month – that's £600 a year!!

The good news is that it doesn't have to be this way, and we have developed this simple guide to help you to reduce the amount of food you throw away, helping the environment and saving you money.

It really does pay to **'love food hate waste'**.



Why do we waste food ?

There are many reasons why the food that we buy is wasted and doesn't get eaten:

- Buying too much
- Preparing too much
- Not storing food in the best place
- Food going out of date before it is used

By planning your meals ahead before going shopping, being careful with food portions, dates and storage in addition to using up your leftovers, we can all do our part to prevent food waste.



Meal planning

Preventing food waste is really easy through careful meal planning:



Write a shopping list
Check to see what food you already have and make a list before you go shopping. Keep a list of things you need as they run out.



Perfect portions

One of the main reasons that we throw away food is that we prepare or cook too much. Getting your portions right and only cooking the amount that you need will help avoid unnecessary waste.

Know your weights and measures
Kitchen scales, measuring jugs and spoons are all essentials when determining your perfect portions. Other handy tools such as spaghetti measures are also good to have in order to help combat food waste.



A handy perfect portion planning tool is available at: www.lovefoodhatewaste.com

Here is a quick, handy guide to perfect individual portions for everyday essentials.

Starchy foods such as rice and pasta

- **75g** dried pasta or rice (about a mug full)
- **125g** fresh pasta

Dairy

- **30g** of cheese
- **200ml** milk (a small glass)
- **Small** pot of yogurt

Fruit and vegetables

- **Three** tablespoons of cooked veg or a small bowl of salad
- **One** piece of fruit



Know your dates

Do you know your 'use by' from your 'best before'. Understanding when foods need to be eaten up by is necessary in order to prevent food waste.

Display until and sell by

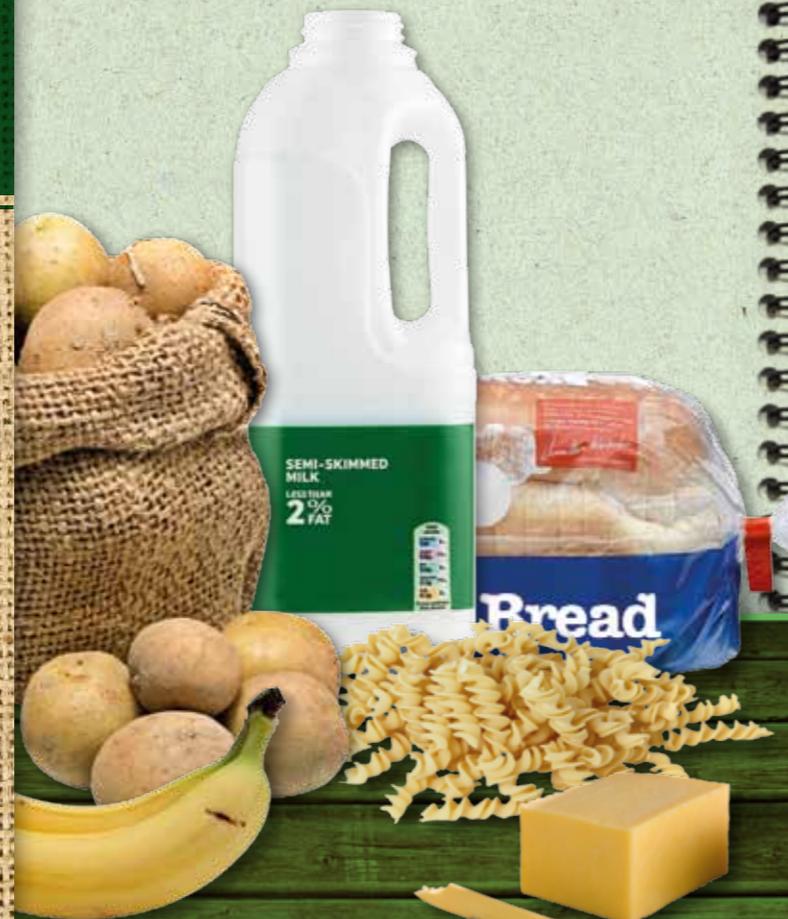
You can ignore these dates as these are for shop staff and not shoppers.

Use by

These dates refer to safety. Food should not be eaten after this date.

Best before

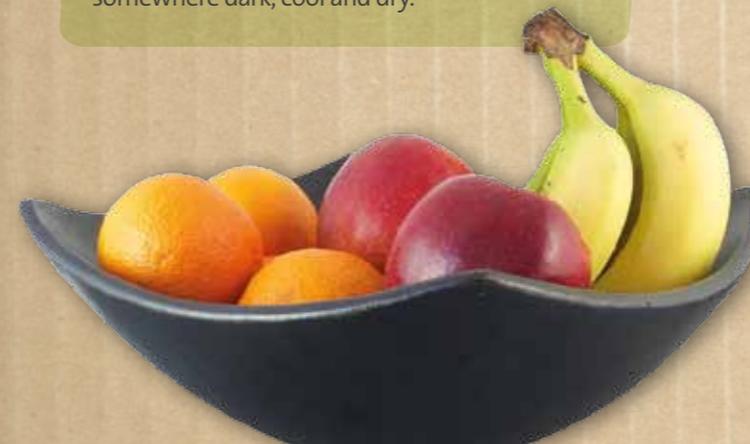
Foods eaten after the 'best before' date are safe to eat but may no longer be at their best. Avoid eating eggs after their 'best before' date.



Storage

By storing food correctly you can ensure that it stays fresher for longer.

Your fridge is your friend. Fridges are perfect for storing most of your fruit and vegetables and helps keep them fresher for longer. Keep bananas and pineapples out of the fridge though! Potatoes and onions are best stored somewhere dark, cool and dry.



Freezing. Freezing food is the perfect way to extend the 'best before' and 'use by' dates. Did you know, you can even freeze milk, eggs, cheese and some fruit? Bread is perfect for freezing. Slices of frozen bread can be taken straight out of the freezer and popped into the toaster to help create a meal in minutes.

From fridge to freezer. Fresh foods can be frozen as long as you do so before their 'use by' or 'best before' date but check the packaging for freezing guidelines.

Packaging. Food is often best kept in its original packaging but follow on-pack instructions to ensure that it is kept at its best.

Tip

Keep your cool

Fridges should be kept at a cool 1-5°C whilst the optimum temperature for freezers is a chilling -18°C and -23°C.