



Food Waste!

When the food we buy ends up in the bin, that's money down the drain – in fact up to £60 a month for a family of four according to estimates (WRAP, 2023). Not only that, but it's harming the environment: wasted food means more greenhouse gas emissions and global warming, deforestation, and water shortages. Food waste also contributes to social issues like global food shortages and food poverty. But in our fast-paced, 24/7 society, is it really possible to save those over-ripe bananas or that limp lettuce from landfill? The key is creative thinking and a well-stocked store cupboard.



How much is wasted?

- **4.5 million** tonnes of edible food is thrown away in the UK every year.
- **24 million** slices of bread,
- **5.9 million** glasses of milk,
- **5.8 million** potatoes.

'Best before' or 'use by'?

Best Before Dates refer to quality, food will still be perfectly safe to eat for some time after this date. However, food should not be eaten after the "Use By Date", as it may then contain harmful bacteria that we cannot see or smell.

Menu planning

Menu planning and shopping lists are a great way to help avoid food waste. Get the kids involved to help design a family menu planner to use each week.

How can we help?

Much of this food waste could be avoided if we use appropriate portion sizes, and get creative with any leftovers, or food that is not at its best. An easy way to avoid food waste is to measure out the correct portion sizes when cooking. E.g. An adult portion size of pasta is 75g, and a child's (4-10 years) portion size is around 55g.



What about food packaging?

We could minimise the amount of food packaging waste that we create by using our own shopping bags; buying food in recycled and recyclable packaging; not purchasing single-portion food items e.g. mini sticks of cheese, try choosing a large block that can be portioned accordingly; wrapping food in reusable wraps or containers instead of cling film.

Further information:







- <https://www.bda.uk.com/resource/tackling-food-waste.html>
- <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/10-ways-to-cut-your-food-waste>
- <https://www.bbcgoodfood.com/howto/guide/how-reduce-food-waste>



Don't Throw It!

Your freezer is your friend!



 <p>Milk</p>	<p>Milk can be frozen in its carton or in small quantities before the use by date, perhaps in an ice cube tray to use in a cup of tea, or to pop into sauces</p>	<p>Up to 6 months</p>
 <p>Bread</p>	<p>Sliced bread is very convenient to keep in the freezer and can go straight in the toaster. Slice up a fresh loaf or blend into breadcrumbs to use in recipes</p>	<p>Up to 6 months</p>
 <p>Potatoes</p>	<p>Mashed and boiled potatoes can be frozen</p>	<p>Up to 12 months</p>
 <p>Eggs</p>	<p>Eggs can be frozen if cracked first into an airtight sealable container</p>	<p>Can be frozen for up to 12 months, recommended to eat within 4 months</p>
 <p>Salad</p>	<p>Cherry tomatoes can be frozen whole. Onions, peppers and carrots can be diced up and frozen. Cucumber and lettuce do not freeze well</p>	<p>Up to 12 months</p>
 <p>Meat and Fish</p>	<p>Seal in freezer bags and freeze before the 'use by' date; defrost thoroughly before cooking. Don't forget to label your food with food item and date!</p>	<p>Mince: 4 months Steaks: 12 months Poultry: 9 months Raw fish: 8 months</p>

Recipe Ideas



- Vibrant veg paella
- Wasteless winners
- Cheesy ham potato pie
- Leftover loveliness
- Sausage and bean casserole
- Leek and potato soup
- Lemony chicken risotto



For full recipes and more:



www.phunkyfoods.co.uk/recipes/