

# REDUCING YOUR FOOD WASTE

Helping your pocket and the planet

Did you know that the average UK household spends £500 a year on food they don't eat? That increases to £730 in households with children. Here's some tips to help reduce how much food goes in your bin.



## FOOD WASTE TIPS:

Pop any leftovers from extra cooking or unfinished plates into a pot. Leftovers can last for up to a week in the fridge or can be put it in the freezer for another day

Don't peel your fruit and vegetables. These can also add extra flavour and nutrients to your meals

Don't like unpeeled veg? Boil your peelings and cut-offs to make stock. This can be used for many delicious recipes including soups, stews and curries

Keep an eye on the 'use by' dates and be sure to use the oldest first

Keep foods past their 'best before' date. Unlike 'use by' dates, these are used to indicate quality rather safety. If you have tins or sealed packets past their 'best before' date, they are still good to eat

Check your fridge temperature. Household fridges should ideally be within 0-5°C, but at a maximum of 8°C to keep your food fresher for longer

Write a shopping list. Planning ahead is a good way to ensure you only buy what's needed, reducing the risk of having extra food going off at the back of the fridge.

Got limp looking veg? They can be great for roasting, stewing, or making into soup