

Food waste top tips

Help the planet – waste less food!

There are simple steps we can take to minimise the amount of food waste we produce – just remember the 3Rs.

Reduce

- ▶ Plan your meals and make a list before you go shopping, so you only buy what you need and use up food in time.
- ▶ Buy fruit and veg loose, where possible. But if it comes in packaging, don't remove it. Some fruit and veg lasts longer when kept in its packaging.
- ▶ Not all fruit and veg should be stored in the fridge. Whole pineapples and bananas are best kept at room temperature, for instance. Whereas potatoes and onions need to be in a dry, cool and dark place.
- ▶ Don't put too much on your plate – you can always have seconds!
- ▶ Eat leftovers the next day or freeze portions (if not frozen previously) to eat another day.

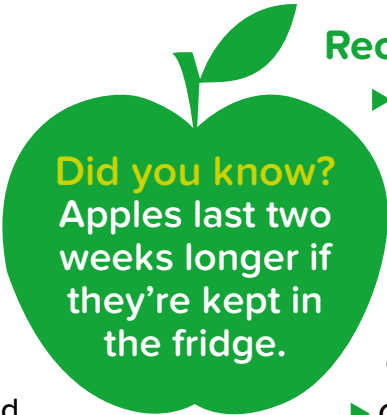
Reuse

- ▶ Love your leftovers and get creative in the kitchen...
- ▶ Use stale bread to make breadcrumbs or croutons for a salad or soup.

- ▶ Infuse herb stems in stocks, soups or stews; or make a herb oil from them.
- ▶ Broccoli and cauliflower stalks can be peeled and sliced to go in slaws, salads and stir fries.
- ▶ Find more ideas in the [Amazing Waste Cookbook](#) and [Busta's Banana Cookbook](#).

Recycle

- ▶ If your local council offers a food waste recycling collection service – find out on [Recyclenow.com](#) or your council's website – use this to dispose of any food you can't eat or compost at home. It can be recycled into fertiliser, or even used to generate electricity.
- ▶ Consider home composting. It's a great way to get rid of veg scraps, and it'll produce rich soil for pots or window boxes.

A green apple with a single leaf, used as a background for a 'Did you know?' tip.

Did you know?
Apples last two weeks longer if they're kept in the fridge.



Want to read more? Go to [Love Food Hate Waste](#)

Correct storage

Just as different types of food taste different, they also need to be stored differently!

Find out more in the **A-Z Guide on the Love Food Hate Waste website.**

Preserving food

Pickling, making jam, and drying fruit and vegetables, are long-established ways of helping food last longer.

Did you know? If you keep the plastic packaging on a cucumber, it'll stay fresh for up to 11 days longer¹.

Remember your freezer

▶ You can freeze most foods – including bread, meat, cheese, butter, fruit and veg.

▶ 'Open freezing' is when you freeze items individually on a tray first, before putting them into a bag. It stops everything sticking together – so it's great for sliced fruit.

▶ Defrosted fruit can be a bit squishy. But this makes it great for blitzing into a smoothie, cooking in a crumble, or whizzing into a sauce!

▶ Most veg can be frozen in raw chunks. But some – like potatoes – need to be parboiled first. Veg, such as broccoli and runner beans, should be blanched first (boiled for a short time), before freezing.

And remember: always follow the storage instructions on the packaging.



Know your labels

Use by date means that it's not safe to eat the food past this date. It could make you ill – **so don't ignore this one!**

Best before date means that the food will be at its tastiest and freshest before this date; but it's safe to eat it beyond this date too.



The snowflake logo denotes food that can be frozen – handy if you're not going to eat it before the use by date.

Display until date – If you see it, ignore it! The label tells shop staff when they need to remove a product from the shelves. It's not aimed at you.

Get started!

Use the **My Food Waste Diary** to log how much food waste you can save from landfill – and help to save the planet.

¹ <https://www.britishplastics.co.uk/Environment/morrisons-to-remove-plastic-wrapping-on-cucumbers-despite-fo>