



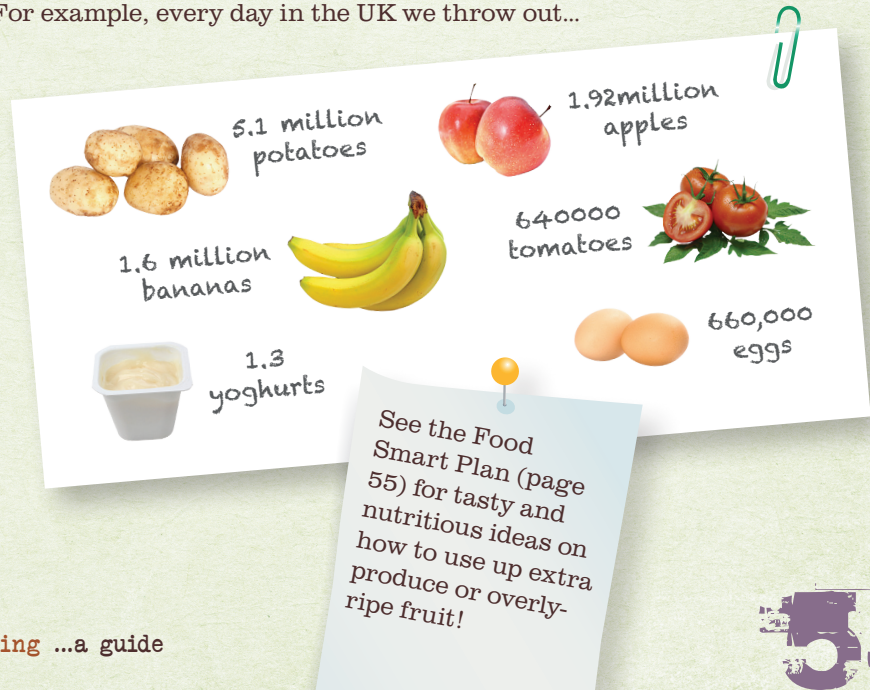
FOOD WASTE

The Facts

Every day in the UK each household throws out one third of all food as **AVOIDABLE** food waste. That's **one in every three** shopping bags!



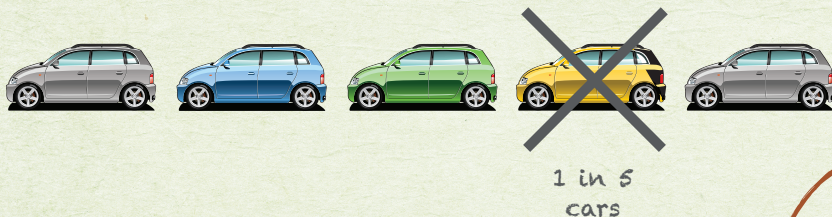
Some foods have particularly high levels of wastage. For example, every day in the UK we throw out...



AS WELL AS SAVING THE £POUNDS,
REDUCING FOOD WASTE CAN ALSO
HELP SAVE THE ENVIRONMENT.

If we stopped wasting our food we could prevent
15 million tonnes of carbon dioxide (CO₂) each
year, as a result of production, transportation and
storage activities!

This is the same as taking 1 in 5 cars off the road!



Eating more
fruit and
vegetables
could reduce
your carbon
footprint
by 40%.

Five percent
of the UK's
greenhouse
gas emissions
comes from
wasted food.

Contribute to a
better future for us all!
Eliminating food waste in the
UK and US could alleviate hunger
of 1 billion people worldwide!

FOOD

SMART

PLAN

There are a **number** of ways to reduce food waste. The Food Smart Plan will help you do just that, while saving the pounds and the environment.

1 LEFT-OVERS & EXTRAS

Transform left-over food into deliciously healthy snacks and meals.



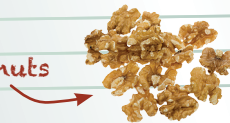
BANANAS

'Gone Bananas' Bread

INSTRUCTIONS:

1. Mix **DRY** and **WET** together.
2. Pour mix into a dusted loaf pan.
2. Bake at 180°C for about 50 minutes (a toothpick inserted into the bread should come out clean if bread is ready).
3. Wait 10 minutes before removing from pan.
4. Place on rack to cool.

walnuts



INGREDIENTS:

Combine in a large bowl (**DRY**):

2 cups of whole spelt flour

1/2 tsp baking soda

1 tsp baking powder

Dark chocolate chunks or walnuts

Combine separately (**WET**):

3-4 large ripe bananas - mashed

2 eggs

1/2 cup skimmed milk

Zest of a lemon or orange (optional)

2 tsp vanilla essence

INGREDIENTS:

2 peppers (red, yellow),
seeded

1 aubergine

2 courgettes, 2cm slices
(diagonal)

2 tbsp vegetable oil

2 onions, finely chopped

4 cloves garlic, finely chopped

1 tsp crushed fennel seeds

1 tbsp mixed herbs

Handful basil leaves, torn

1/2 can chopped tomatoes

4 tomatoes, roughly chopped

4 baby potatoes

Freshly ground black pepper

aubergines



courgette



tomatoes

TOMATOES

'Ravenous Ratatouille'

INSTRUCTIONS:

1. Slice the aubergine and peppers and cut into bite-sized chunks.
2. Add 1 tbsp of oil to a pan and fry the onion for 5 minutes. Add the garlic and cook for a further 2 minutes. Add the fennel seeds.
3. Add a further tbsp of avocado oil, then the pepper pieces, courgettes and aubergines, and basil leaves. Cover and cook gently for 15 minutes.
4. Add the tomatoes and potatoes and cook for 15 minutes.
5. Serve with a herby green salad (see page 40).

VEGETABLES

Dips & Crudites

(See page 48).

raspberries



cinnamon



strawberries



blackberries



FRUIT & YOGHURTS - 'Smooth Fruit'

INSTRUCTIONS:

1. Blend all ingredients with a hand blender.
2. Pour into cups or glasses and sprinkle with ground cinnamon.
3. Keeps for 24 hours refrigerated.

INGREDIENTS:

- 2 cups natural yoghurt
- 2 tbsps pumpkin seeds
- Pinch cinnamon or cloves
- In season or according to preference, for example*
- 1 apple or 1 pear
- Handful berries eg. strawberries, raspberries, blueberries, blackberries
- 1 banana

2 PLANNING MEALS

Weekly meal planning may seem time-consuming and complex, however, in reality it is a simple process with significant benefits.

1. **Avoids waste:** food purchased for specific use in correct quantities.
2. **Saves time:** deciding on what to eat each day; efficient shopping experience.
3. **Encourages healthier eating:** eliminates impulse buys and impulse eating; more balanced meals.

Check out the Menu Planner in the Appendix on page 116 as a guide to help get you started!



3 PORTION SIZE

Preparing too much food, especially pasta, rice and other grains, contributes to significant leftovers and potential waste. Know your portion sizes and prepare just enough for the meal or plan for additional meals more efficiently.

Rice* (one adult portion)
= ¼ full of a standard 300ml mug
or 3 heaped tbsps.

Spaghetti* (one adult portion)
= 75g (weighed) or use
spaghetti portion measure.

Pasta* (one adult portion)
= 100g (weighed).

* uncooked measures

Beans (one adult portion)
= 80g (weighed) or
3 heaped tbsps.

Lentils (one adult portion)
= 80g (weighed) or
3 heaped tbsps.

See '**Love Food Hate Waste**'
for a useful electronic
tool to help you decide
on how much to prepare
depending on the food type
and number of people
**[www.lovefoodhatewaste.com/
everyday_perfect_portions](http://www.lovefoodhatewaste.com/everyday_perfect_portions)**

(See also *Reference Section 11*
for fresh food portion sizes on
page 112.)

4 STORING FRESH PRODUCE

Storing food correctly means
less spoilage and less wastage.
So check out *Reference Sections*
6 and 7 for detailed information
on how best to store your fresh
produce for extra nutrients and
fresher food.

5 GROW YOUR OWN

One of the best ways to reduce
food waste, while enjoying
outdoor activity and eco-therapy,
is to grow your own fresh
produce. This way you can pick
your food straight from the
garden or allotment plot as and
when you need it!

(See instructional videos by
month on how to grow your own
at **www.nutritionbytes.com**)