

Let's call it Food!  
Change how we think about food waste.

Rethink :

1. How we buy food?
2. When we buy food?
3. How we store food?
4. How we cook food?
5. Change what we class as food waste.

Know the difference between: Sell by and Best Before dates	Use By Date: Food not seen to be safe after that date Best Before Date: About the quality of the food and safe to eat after this date.
Plan meals, at least until you know your regular meals & what you have in your cupboards.	Write down all ingredients you need for meals including lunch boxes and snacks. Keep track of store cupboard ingredients you've already got.
Use local shops	Once or twice a week to buy fresh goods (fruit and veg) only what you need
Supermarkets for 'big' monthly shop.	Use this shop long pasting items of freezer items
Freeze now use later	Most foods can be frozen.
Freeze small leftovers	Don't throw away the odd slice of meat, portion of soup. Freeze and use later
Check fridge temperature	For best temperature should be between 0-5 c
Store items in fridge	Except Bananas, potatoes, onions and a few. Other items
Take off plastic wrap when storing items in the fridge	Plastic wrappers cause moisture making the food go off quicker. -open bags of salad leaves and put a paper towel in the bag to absorb moisture
Learn to Cook Nose to tail or root to leaf cooking GOOD FOOD DOESN'T HAVE TO BE COMPLICATED	Find friendly recipes which don't need hundreds of ingredients. More ingredients you have to buy for one meal, more you will have to waste because you don't use up all of them.

**Join The Foodie Book Club**

Lee & The Sweet Life

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Learn to cook with "leftovers"	Stop calling them leftovers and call it your next meal
Cook with children from a young age	Children aren't born not liking stews. They model what they do on their parents, grandparents etc. Teach them how to cook less wastefully as early as possible.
Start a recipe book collection	Find friendly recipes you and your family like and collect them to have your own family recipe books. Get the children involved.
A recipe book for next meal recipes (leftover recipes)	Have a recipe book dedicated to using up leftovers from your family favourite meals.
Use ingredients in new ways. Get creative	Don't limit things to just sweet or savoury. For instance, radishes are fantastic seasoned and roasted.
Change what we think of as waste and call it food	Do some research and see which parts of vegetable etc you can eat. For instance, green beans, beetroot, broccoli, carrot, cauliflower, celery, sweetcorn, sweet potato and pumpkin leaves are all edible. Call them vegetables instead waste food
Give it away	Find a gardener, allotment society or care home with a vegetable garden and see if they want to use some of your food waste as fertilizer.  If you cook too much, give leftovers to neighbour or friends or befriend someone who's unable to get out much
Don't forget tea and coffee	These are still food waste. Stop using tea bags and use loose leaf tea. Add the tea to your compost.