

REDUCE YOUR FOOD WASTE, HELP COMBAT CLIMATE CHANGE AND SAVE MONEY! Dorset Council
Waste Team

At a time when we're all trying to play our part in tackling climate change, there's one easy action we can take – and it will also save us money! The edible food we throw away contributes to climate change. We are wasting not only the food but the valuable resources that have gone into creating it too – from fertilisers, and water that was used for growing it, to the greenhouse gases created from its production and transportation.

Here are some handy tips on how to reduce your food waste:

Make a list – Before you go shopping, plan your meals ahead and make a list. It will help you to only buy what you need.

Get your portions right – It's very easy to cook too much pasta and rice. Obviously appetites differ, but a quarter of a standard mug of uncooked rice or two generous handfuls of uncooked pasta per person are a good rule of thumb when estimating quantities required.

Store food correctly – Food lasts longer if stored in the right places. Bread is best stored in its original packaging in a cupboard or in a bread bin, not the fridge. Potatoes should be kept in a breathable bag/sack (not plastic packaging) and stored in a cool, dark place.

Get the best use out of your fridge/freezer – Setting your fridge down to 5 degrees will keep food fresher for longer. Freezing what you won't eat is like pressing the pause button. All kinds of foods can be frozen, right up to the 'use-by' date, including milk and bread.

Keep an eye on your labels – Making sense of the various dates on your food packets can help save your food from being wasted. 'Best before' refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. 'Use by' refers to safety: you must not eat food past the 'use by' date. 'Display until' and 'sell by' dates are just for the retailers; you don't need to worry about these.

Eat everything that's edible – Use up every edible part of your fruit and vegetables, including potato skins and broccoli stalks. You'll get the best value as well as the most of your food's nutrients. It will also save you the hassle of peeling!

Use up all your leftovers – Leftovers could be used for a lunchtime snack e.g. for fillings in sandwiches or baked potatoes. It can be fun to get creative and use up leftovers to make an evening meal – and could also save you time as you won't have to cook from scratch. For more hints and tips, plus lots of tasty recipes for using up leftovers, visit www.lovefoodhatewaste.com

www.dorsetcouncil.gov.uk/recycle