

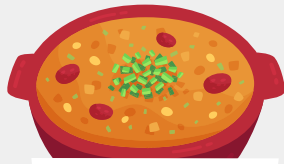
Food waste study

We have compiled some top tips from people in Horwich for reducing food waste.

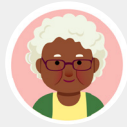
We would also recommend looking at WRAP's Love Food Hate Waste, an excellent information source for reducing food waste.

TOP TIPS

Planning, budgeting and shopping



Top tips from Horwich...



"COOK SOMETHING EVERYONE LIKES"



"MY TIP FOR NOT WASTING FOOD AT A RESTAURANT WHEN THE PORTION SIZES ARE TOO BIG. ASK FOR A DOGGIE BAG TO TAKE 'LEFTOVERS HOME.'"



"I DON'T OFTEN BUY FRESH VEG; I USE FROZEN SO THAT I CAN THAW JUST ENOUGH TO COOK FOR THE DAY."



"BUYING SMALLER QUANTITIES, E.G. INDIVIDUAL FRUIT AND VEGETABLES, WHERE AVAILABLE."



"USING LEFTOVERS FOR PACKED LUNCHES FOR WORK."

"I MAKE MEALS AT HOME, THAT SAVES ME A LOT OF MONEY."



"MAKE THE STEW A COUPLE OF DAYS PORTIONS AND FREEZE THE REST USING TUPPERWARE."



"BUY LESS... WE DON'T NEED ALL THIS."

Food Storage

- Have a shelf which is specifically for items that need using up.
- Store your cheese in an airtight container in the fridge to prevent it going off.
- To prevent freezer burn, wrap things and make sure it is airtight. Label things as well.
- The freezer is very useful for helping to reduce food waste. WRAP has a great section with further advice on fridge and freezer management
- Some people were confused about 'Best before' and 'Use by' labels. See opposite from WRAP.

✓ I put fruit such as grapes in the fridge, so it keeps longer.

✓ Freeze a loaf of bread when you buy it and take out slices as and when you need them. It tastes the same. I don't throw away any bread.

✓ Stale bread can be made into breadcrumbs and then frozen to use as and when needed!

Best before – is about the quality of the food

Use by – is about the safety of the food

Display until / sell by – is for retailers attention only



SCAN ME

Scan this to go straight to the Love Food Hate Waste pages for more food tips and good food habits...
www.lovefoodhatewaste.com



Food waste study

TOP TIPS

Preparing and cooking

What can we do with broccoli stumps?

Top tip from Horwich...

"Broccoli stumps should not be thrown away! They can be chopped up and cooked in stir-fries"



Use all the parts of the vegetables.

There are some great examples on the WRAP website.

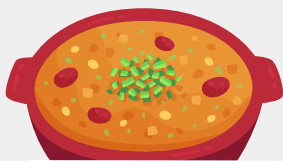
Crusts - what can we do with these?

Top tip from Horwich...

"Use those crusts for breadcrumbs"



Sharing and community



Sharing and community



"I BUY IN BULK AND GIVE AWAY WHAT IS LEFTOVER BEFORE AND AFTER COOKING."



"WE HAVE POTATO HASH DAY, WHERE ONE OF US COOKS, AND WE ALL SHARE IT."

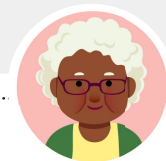


"AS A COMMUNITY, WE REGULARLY SHARE FOOD WITH NEIGHBOURS WEEKLY".



"I GIFT MY DAUGHTER ANY SURPLUS FOOD."

"I BATCH COOK, THAT IS I MAKE A LARGE AMOUNT OF A MEAL, FREEZE SPARE PORTIONS, AND SHARE MEALS WITH MY WIDER FAMILY."



Local resources



@fb'one man's waste....' - Horwich, Blackrod And Lostock
A Horwich community-sharing network.



www.bolton.gov.uk/cost-living
The council's cost of living events and top tips for further advice.



www.toogoodtogo.com
Helping to redistribute surplus food from business to consumers.



@fbboltonathome
Various cooking courses running throughout the year. www.boltonhome.org.uk



www.nextdoor.co.uk
Where you can get local tips, buy and sell items, and more.



www.urbanoutreach.co.uk
The project provides guidance on cooking nutritious meals on a budget. Sessions are coming up later in the year



Horwich Food Share
A local food bank hub that delivers food to local people in need. It is a place where people can come in, have a brew and discuss their problems with trained advisors horwichfoodshare@gmail.com
www.facebook.com/mylocalfoodbank



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