



# ***HOW TO...***

## **Reduce Food Waste**





# YOUR GUIDE TO SAVING FOOD

## *Did you know..?*

If food waste were a country, it would be the **THIRD** largest green-house gas emitter, only behind the USA and China! Food waste not only harms our planets, but our wallets too.

At one point, we've all probably wasted food. Whether it is that bag of lettuce that you forgot was in the fridge drawer, or the milk you were planning on using but forgot to check the date. But each of those little wastages add up. It's estimated that over 70% of all food wasted comes directly from our own households!

We've pulled together this short guide to show how easy it can be to cut back or even eliminate the food waste produced in our homes. By planning ahead, shopping smart and knowing the best way to preserve our food we can all make the most of our resources.

# BEFORE YOU BUY

## 1. Check Your Cupboards;

We've all been there, picking up another pack of tins, only to get home and find four at the back of the cupboard. Just cast a quick eye over your cupboards, fridge and freezer to make sure you're not buying unnecessary duplicates.



**2. Write a list of what you need, or what you don't!** Not into lists, why not take a photo of your cupboards or fridge/freezer on your mobile before heading to the shops? That way you won't forget any of your necessary items.

**3. Understand your dates:** Best by, use by, and display until all mean different things.

### BEST BY

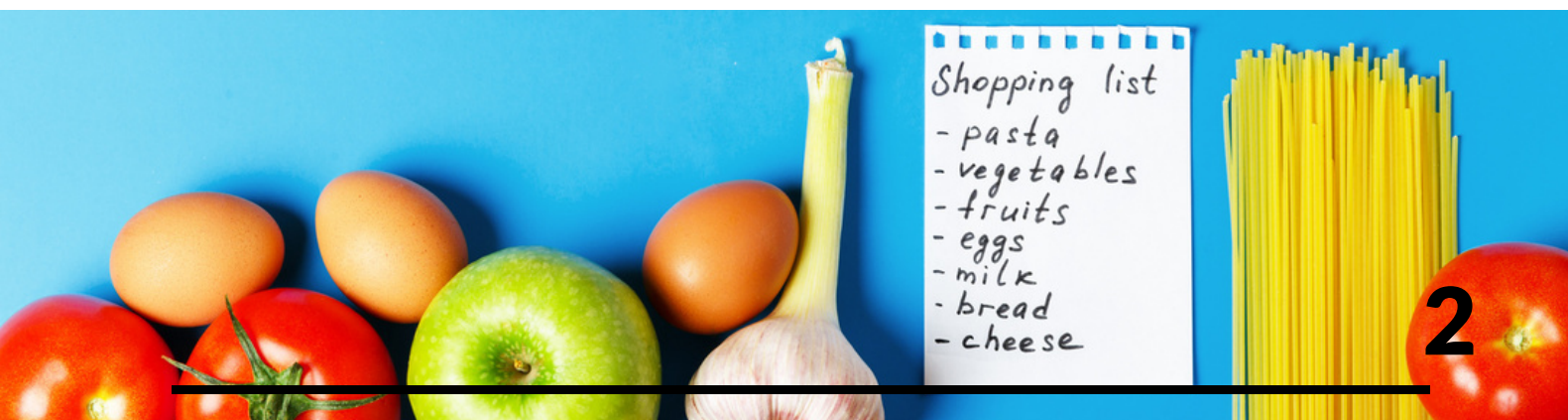
This is about the taste and quality of the food items.

### USE BY

This is about the safety of the food items.

### DISPLAY UNTIL

This advice is for store retailers selling the food items.





# POST PURCHASE

## Food Storage



**1. Brush up on Storage Tips:** Most packaging will include advice on how to ensure you get the longest life out of your food purchases. Did you know onions and potatoes will last longer if they're stored separately? Or you can always store carrots in water to extend their crispiness. Check online for tips and tricks to store your food more efficiently.

**2. Get Freezer Friendly:** Did you know that you can freeze a variety of foods which can help limit your food waste? If you have milk nearing its expiration date, pour it into an ice cube tray, it's perfect to pop into your morning cuppa'.

**3. Know what food your wasting:** Across the country, we all waste food, even by accident. Keep a log of the foods you waste so you know where to direct your efforts.

## Cook Smart



**1. Portion sizes:** Carbs like pasta and rice are often cheap to bulk buy, but the amount we should cook is often confusing. Using simple measuring techniques, such as a mug of rice serves 4 adults, or investing in a pasta measure we can cook what we need and ensure nothing is wasted.

**2. Use up everything:** There's some bits of food that we often don't eat, that are perfectly edible. Potato skins can make delicious chips, and carrot stems can be used to make your own pesto! Trying new and innovative recipes will limit the amount of avoidable food waste we put in our household bins.

**3. Cook Once, Eat Twice:** Not everyone is a fan of leftovers, but have you considered making a base that can easily provide multiple meals? Not only does this help cut down on the time you spend cooking but can help use up more of those almost out of date products. For example, if you make too much pasta for your pasta bake, pop the leftover cooked pasta in the fridge and use it the next day to make a delicious pasta salad for lunch!

## Unavoidable Food Waste

No matter how committed you are to fight the war on food waste, there's always going to be some unavoidable bits that you can't or are not sure how to use.

That's where home composting comes in. Egg shells, peelings and other organics are a great addition to add to your compost bin.

The best part is we are running a Home Composting Project for residents across the Liverpool City Region. We'll provide you with an instructional video and some tips to help get you started. For more information visit:

<https://www.zerowastelcr.com/working-towards-zero-waste/get-involved/>



## Helpful Links

**Love Food Hate Waste:** Love Food Hate Waste is a great website for all things food waste prevention. Their website includes helpful advice on a range of topics from food storage, to cooking up delicious recipes, or how to make the most of your leftovers.

<https://lovefoodhatewaste.com/>



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