 **Get food waste savvy**

**6 tips to help you cut down on food waste and save money.**

**Get familiar with food labels** Understanding food dates and what ‘best before’ and ‘use by’ labels mean is key to making the most of your food. Just by checking the ‘use by’ dates you can begin to save money. Move foods into the freezer if you do not think you will eat them in time. A bit of savvy thinking will help you reduce waste. For example, grate your bits of cheese, mix with some breadcrumbs & freeze then add to a dish to make a perfect crunchy topping later. You can freeze the last stray yoghurt and add to a delicious breakfast smoothy and if your herbs start to look a bit tired just chop them and freeze in an ice cube tray. You can also try and get the kids involved in the kitchen by encouraging them to think about ways they can help you cut down on wasting food.

**Make a shopping list before you go shopping** Plan your weekly menus around what you have left in your fridge and freezer. Only buy what you need during your regular shopping trip to the store or online by selecting how many meals you plan to use each food for - taking away the guesswork during shopping will keep the £'s in your pocket. You may want to have a go at making your own healthier take away this will also keep the £’s in your pocket, head over to **My Living Well for lots of recipe ideas.**

**Organise your cupboards** First in first out use what you have before you buy more.

**Prepare, cook, and serve just the right amount** Prepare the right amount, ***see attached BNF Find the balance******sheet*,** a handy guide to portion sizes-minimising waste at the same time as keeping an aye on you and your family’s health*.* Take the **My Living Well Health quiz**. Check out **Change4life** here you will find lots of info on balancing your plate.

**Check your fridge temperature** It needs to be below 5 degrees C if your fridge doesn’t have a thermometer you can purchase one, they are relatively cheap from places like Wilko and the Range. Always make sure you cool food down before you put it into your fridge because we don’t want to raise the fridge temperature. Always make sure you close the fridge door properly.

**Use up leftovers** Be crafty with your leftovers. Leftovers can make up some amazing meals, if you need a little more help you can join one of our cookery workshops for more inspiration, find us on social media Cooking@thestorehouse and check out **Love Food Hate Waste** for loads more tips.

Reliable Resources

<https://mylivingwell.co.uk/eating-well>

<https://www.nutrition.org.uk/healthyliving/find-your-balance/portionwise.html>

<https://mylivingwell.co.uk/quiz>

<https://www.nhs.uk/change4life/about-change4life>

<https://lovefoodhatewaste.com/>

Love Food HATE wASTE

WHY SAVE FOOD

From shop to home – we can all make a difference

Food is something that unites. It is something that is lovingly grown and nurtured for months before it arrives in our shops. It is a social activity, a comfort, an essential, and a luxury. And yet in UK households we waste 6.5 million tonnes of it every year, **4.5 million** of which is edible. We are not talking eggshells or chicken bones... We mean the last few bites from your plate that you could not quite manage, or your bread crusts, or potato peelings – all stuff which could have been transformed into something delicious. Those 4.5 million tonnes are enough to fill 38 million wheelie bins, or 90 Royal Albert Halls. It is a lot, but we have the power to change this.

LOVE YOUR FOOD

Your food is at its best when it is on your plate, ready to be enjoyed. It is perfect in your fridge, ready to be used, or stored in the freezer for another time. It is at its worst when it’s in your bin.

Saving food means saving money, but look at the bigger picture, too. Reducing food waste is good for the planet, as it helps slow down global warming. If global food waste were a country, it would be third largest emitter of greenhouse gases after China and the US. By using up every edible bit of your food, you’re doing your bit to look after the environment; imagine what we could achieve if we all make a change!

FOR THE PLANET, AND FOR YOUR PURSE

The average family of four can save just over £60 per month by reducing their food waste. Whether you’re doing the food shop or ordering a meal at a restaurant, every decision is an opportunity to save food from the bin. If you don’t want a side salad, ask for your meal without it. If you won’t make good use of the extra portion, don’t be tempted by it. And if you can’t finish your main, ask for a doggy bag! Food is made to be loved, so that’s what we should do.

We believe that every person has a part to play in reducing food waste and looking after the planet. The time is now, and the answer is simple: love food, hate waste.

We’ll help you every step of the way.”

***Sarah Clayton*
*Love Food Hate Waste***

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