

Keep Calm & Reduce Food Waste



Did you know...

7 million tonnes of food and drink are thrown away across the UK every year!

Together we can help to reduce food waste. All we have to do is change the way we think about leftover food.

Top tips to reduce food waste

- Plan your meals and only buy ingredients you're going to use that week.
- Measure ingredients and use recipes so you only cook what you need.
- Cover and refrigerate any food leftover from dinner and have it for lunch the next day.
- Store food leftovers correctly in the freezer or airtight containers in the fridge.
- Did you know, you can freeze bread close to the best before date and pop it in the toaster to defrost it when you need it!
- Think 'ingredients' not 'leftovers'. Use any leftover food as ingredients to create new delicious and healthy meals.
- Other food can be frozen too - peppers and mushrooms are easily stir fried from frozen.

DESIGN YOUR OWN RECIPE CHALLENGE

Today you've been amazing at adapting your recipes.

If you had cooked the original recipes, these are the items you would have had left:

- If you cooked the Thai green curry: 200g coconut milk, half a lime and one chicken breast.
- If you cooked Minestrone soup: $\frac{3}{4}$ cabbage, 5 rashers of bacon, garlic, 200g pasta
- If you cooked Spaghetti bolognese: 350g spaghetti, 150g tomato puree, garlic and herbs

Design a recipe that uses these ingredients – you may wish to add other ingredients to make it into a proper meal but remember you should still ensure you include all the food groups. Share it on social media with the hashtag **#bakethemostoflife**



Remember you should check your ingredients are still good to eat: there should be no mould, they should still be within their use by date, and they should have been kept in the correct storage.

