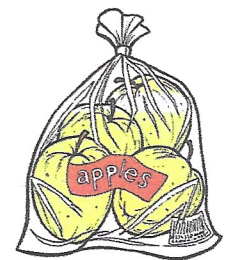


A to Z of Food Tips

This useful A to Z will give you handy tips and advice about how to make your food - and budget - go further.

Apples

- Don't throw bruised apples away. Cut off any brown parts and chop the rest into wedges for a snack.
- Stew old apples to make apple sauce or use up in a crumble. Or even add to a curry.
- Always store apples in the fridge in their original packaging. They will last longer than if left out in a fruit bowl.

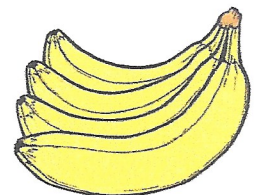


Bacon

- Separate a large pack of bacon into slices before freezing. Then, you can just defrost what you need at a later date.
- Once a packet is opened, follow the on-pack instructions about how to store it and when to use it up by.

Bananas

- Bananas will go black in the fridge! So instead, just keep them somewhere nice and cool. The same goes for **pineapples**.
- Peel and freeze bananas to use later in smoothies, banana bread or add to ice cream.
- Use them in curry dishes or mashed up for a quick sandwich filling.
- Store away from other fruits. They make them over-ripen.



Best Before date labels

- Food with a Best Before date is long-lasting. It should be safe to eat, but may not be at its best quality after this date.



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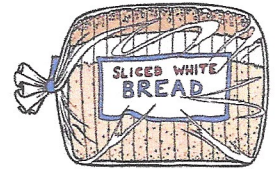
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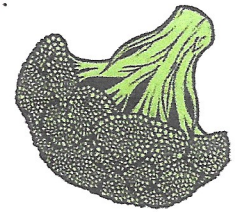
Bread

- Bread should not be stored in the fridge. It will actually go stale quicker in there! Keep it in a bread bin or cupboard, in the original packaging.
- Use old bread for bread & butter pudding. Or bread crumbs to top a pasta bake or fish pie.
- Freshen up stale bread by putting it in the microwave for 10 seconds.
- Slices from a frozen loaf can be defrosted as needed, or toasted straight from the freezer.
- Bang the loaf gently before freezing to separate the slices!



Broccoli

- Broccoli should be stored in the fridge in its original packaging, to keep it at its best.
- Freshen up broccoli by placing the stem in a jar or glass of water in the fridge.
- Cooked broccoli can be blitzed with milk and used as a creamy sauce for fish or chicken.
- Don't discard broccoli stalks: these are the best bits! Cut them lengthways and cook with the florets. Or use them in a soup.



Budgeting tips

- Frozen fruit and vegetables can be cheaper than fresh and you only need to take what you need out of the freezer.
- Tinned fish - salmon, tuna and sardines - is good for you and cheaper than fresh fish.
- Stock up on store cupboard basics. Use them to stretch leftovers to create new meals.

Cereal

- Once opened, seal the bag with a clip. Or use an airtight container to keep it fresh.
- Use up unwanted cereal for crispy cakes.



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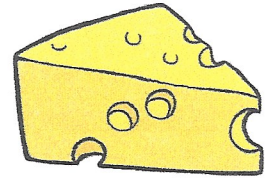
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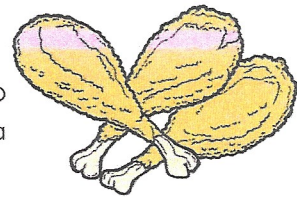
Cheese

- Keep it in the fridge. Re-close the pack tightly or wrap it in foil or put in an air-tight container.
- Freeze your cheese! If you are buying a big block of hard cheese, to make the most of a bargain, grate some and freeze to use later. This is good for cheese on toast, on top of baked beans or in an omelette.
- Stale, hard cheese can be grated into mash or used over pasta dishes or chilli.



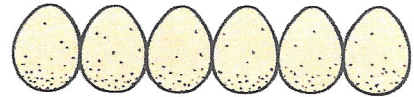
Chicken

- Chicken thighs, wings and drumsticks are a cheaper alternative to chicken breast or a whole chicken. Freeze before the Use By date for a tasty treat at a later date.
- Always keep cooked meats in the fridge, well wrapped and away from raw meat.



Eggs

- Eggs are best kept in their box to protect them - in the fridge.
- Providing eggs are cooked through, they can be eaten a day or two after their Best Before date.
- Eggs can be frozen, but you must separate yolks from whites first.
- Use for a nutritious, cheap meal in an omelette, if getting close to the Best Before date.
- Visit this website for more: <http://www.nhs.uk/Livewell/Goodfood/Pages/eggs-nutrition.aspx>



Fruit

- Store fruit in the fridge, except for **bananas** and **pineapples**.
- Use up wrinkly or soft fruit in smoothies.

Food safety advice

- When preparing food keep it out of the fridge for the shortest time possible.
- Keep cooked meat separate from raw meat.
- Cook food until piping hot all the way through.
- If food is getting close to its Use By date, make sure you eat it up or freeze it for later. Don't let it go to waste, but don't eat food after the Use By date.



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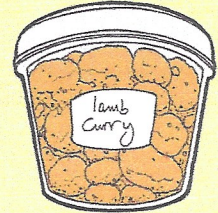
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A to Z of Food Tips

Food safety advice

- Cool leftovers as quickly as possible, (ideally within 90 minutes) then cover and put in the fridge.
- Eat up within 2 days or freeze for later. Always re-heat until piping hot.
- Don't re-heat leftovers more than once.
- Never store food in open cans in the fridge, as the metal of the can may transfer to the contents. Put into a container instead.



Fridge and freezer tips

- Use your fridge to help fresh fruit and vegetables to last longer.
- Keep the fridge at between 0 - 5° C.
- Freeze food before the Use By date and label it with the date it was frozen.
- Always defrost leftovers completely, either in the fridge or in the microwave. Cook the food within 24 hours of defrosting until piping hot and do not re-freeze.
- Use old takeaway containers, yogurt pots or margarine tubs to freeze your leftovers in.

Juice

- Make your own ice lollies from leftover smoothie, or apple and orange juice.

Lettuce

- Lettuce should be left in its packaging in the fridge (if it came wrapped) and in the crisper drawer - if your fridge has one.
- Put lettuce leaves in a tub lined with a piece of kitchen paper to keep them fresher.



Milk

- Freeze semi-skimmed milk in ice cube trays to use when you need it. You can pop them straight into your tea or coffee!
- Milk near its Use By date can be used up in sauces, puddings, smoothies or custard.



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Mushrooms

- The best way to store mushrooms is in a paper bag in the fridge.
- Fry wrinkly mushrooms in butter or oil for use as a pizza topping. Or use in stews, sauces and casseroles, or freeze them for later.

Onions

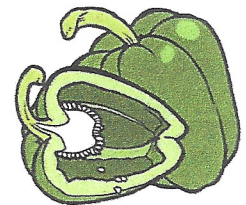
- Onions are best stored in a cool, dry, dark place; ideally in a cloth bag.
- Buy smaller onions. They are often cheaper and there is less waste if cooking for 1.
- If you only need 1/2 an onion, chop up the rest and freeze to save time when you next need to cook in a hurry.

Pasta

- Cooked too much pasta? Rinse it in cold water and freeze in meal-sized portions. This can be re-heated in a microwave when needed.
- Leftover cooked pasta can be kept in a fridge for up to 2 days. It makes great pasta salad!

Peppers

- Store a half pepper with the stalk and seeds still in - it will last longer.
- Store them in the fridge. Always put peppers that are cut open in a storage container or bag in the crisper drawer - if your fridge has one.

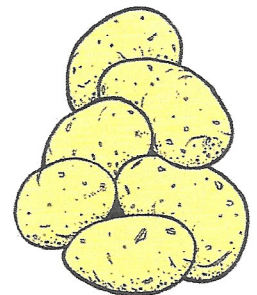


Plantains

- Store at room temperature until ripe, then move to the fridge. To freeze, peel and mash the plantains and sprinkle with lemon juice to stop them going brown. Put into a container or freezer bag.

Potatoes

- Spuds don't like to be kept in the fridge. Take them out of plastic bags and store them in a cool, dry, dark place; ideally in a cloth bag and away from strong-smelling foods like onions.
- Use a potato peeler rather than a knife as this will cut down on waste. Or don't peel at all; you can boil, roast or mash them with their skins on!
- Keep potato peelings to make delicious home-made crisps. Add salt and pepper then bake in a hot oven.



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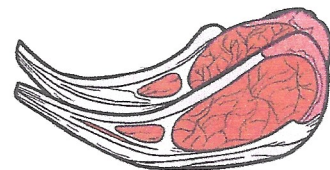
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- If potatoes have sprouted, simply remove the sprouts before use, and remember to cut off any green or rotten bits before using.
- Store leftover mash in the fridge until the next day. Use to make potato and fish cakes or as a topping on a cottage pie.
- Leftover boiled potatoes can be added to an omelette or fried up in slices.



Raw meat

- All raw meat, poultry and fish should be stored at the bottom of the fridge in a clean, sealed container to stop it touching or dripping onto other things.
- Freeze it before it reaches its Use By date if you know you won't use it up in time.

Rice

- Rice should be cooked, served and eaten immediately.
- Cool leftover rice by running it under cold water. This can be kept in the fridge for 1 day or frozen for use later. Always re-heat until piping hot before eating.
- Add a few grains of uncooked rice to your salt shaker. This will stop the salt from getting damp and having to throw it away.

Sandwiches

- Use leftover food as a sandwich filler. Even leftover curry makes a tasty sandwich filling!
- Did you know you can make sandwiches from frozen bread? They will even defrost by lunchtime, keeping the filling cool.

Supermarket tips

- Take advantage of supermarket deals such as 2-for-1, but only if you have planned what to do with the extra.
- Check when your local supermarket puts out its end-of-day reductions. Only buy them if they fit in with your meal plan or you can freeze and use later.

Vegetables

- Put old carrots or soft celery into a glass of water in the fridge to revive them.
- Add squashy tomatoes to a chilli or pasta sauce.
- Use cheap seasonal vegetables to bulk out meals.



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- Vegetables that are past their best will make a great soup.
- Frozen vegetables from the supermarket are as healthy as fresh.

Yams

- Store in a cool, dry, dark place; ideally in a cloth bag. To freeze: wash, peel and boil until tender, slice or mash and sprinkle with lemon juice to stop them from going brown. Cool and put into a container or freezer bag.

Yogurt

- Yogurts and fromage frais can be frozen. Mix yogurts with over-ripe fruit, add a stick, pour into lolly moulds and freeze.
- Add yogurts getting close to the Use By date to smoothies.



Use By date labels

- Food with a Use By date goes off quite quickly. It can be dangerous to eat it after this date, even if it looks and smells OK.
- Plan how you will use up all the food you've bought, before it goes out of date.

Waste aware

- Store nearly-empty jars and bottles of sauce upside-down so the contents gather in the lid, making it easier to use it all up.
- Stop throwing food away! Could you turn it into a tasty meal or store it for use later?
- Check out the Love Food Hate Waste website <http://lovefoodhatewaste.com> and supermarket websites for hints and tips on planning, storage, portions and lots more, including recipe ideas.
- If you have any food you cannot eat, recycle it where possible using your kerbside food waste collection service or home compost bin.
- To find out whether you can recycle food waste from home (England only) go to: <http://www.recyclenow.com>
- Or for information about how you can compost any leftover food you can't use go to: http://www.recyclenow.com/home_composting/get_advice/



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