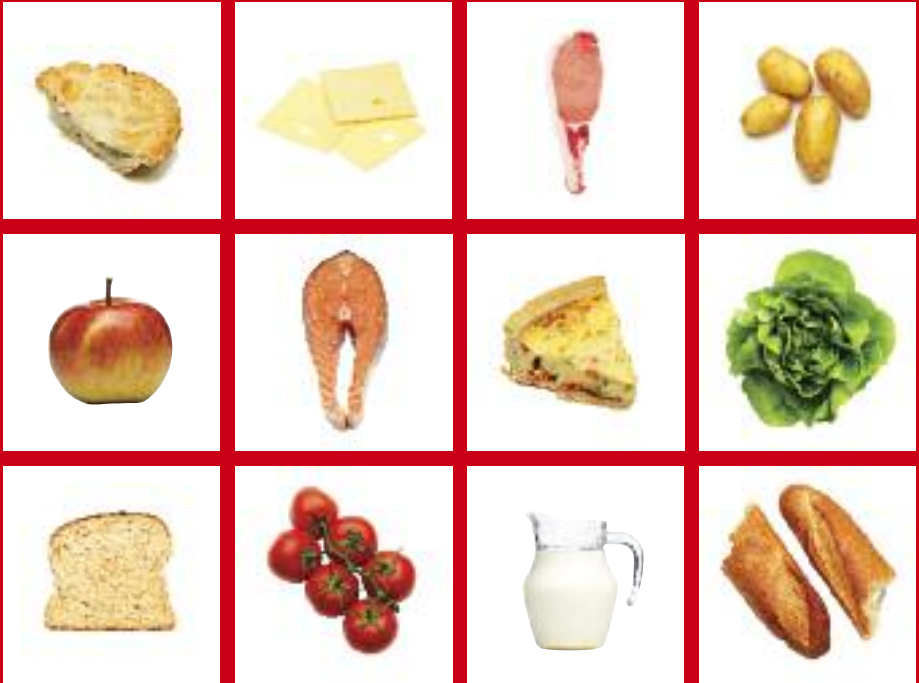


Want to save £430 per year?



The average Scottish household throws away £430 of food waste every year!

Find out how you can reduce food waste and save money with our handy hints, tips and tasty recipe ideas.



In Scotland we throw away 566,000 tonnes of food waste every year and of that 69% could have been avoided if we managed our food better. This is an expensive habit and costs each household an average of £430 each year!

Our top tips to reduce food waste

- Planning your meals and food shopping can save you money as well as food waste as you only buy what you really need – remember to write a list!
- Before you go food shopping, have a look to see what you have in your cupboards, fridge and freezer. This will help you remember what you already have in there.
- Buy the amount of food you need, rather than being tempted to bulk buy perishable items that you might not use in time.
- Try rotating the food in your fridge, so that any food at the back that needs used up first is brought to the front.

The Love Food Hate Waste team are here to help you put that money back in your pocket. We have put together practical, helpful information for the foods that are most commonly wasted. This information can help you manage your food better and provide you with some useful skills and knowledge so you can make the most of your food!



Love Dairy Hate Waste



£93 million of dairy waste is thrown away by Scottish households every year

Before you shop

Check your fridge to see what is left from last weeks shop, are there certain things you don't need to buy this week?

When you shop

Remember to look at the use by dates to make sure you are able to use them in time. Waitrose for example are giving dates more prominence on their labels so you can identify them easily.

Making the most of your dairy

Try rotating the food in your fridge, so that any food at the back that needs used up first is brought to the front.

Dairy products come in a variety of pack sizes making it easier for you to get the amount you need.

Fisherman's Pie

Serves 4

Ingredients

6 medium potatoes peeled and cut into small pieces
 4 fillets of coley, witch, salmon or haddock (smoked or unsmoked)
 – whatever you have, or a mix of these can be tasty
 1 small tin sweetcorn, drained
 (the sort with or without peppers)

For white sauce ...

50g butter
 50g flour, plain white or wholemeal
 560mls semi skimmed milk
 25g strong cheddar,
 grated - optional

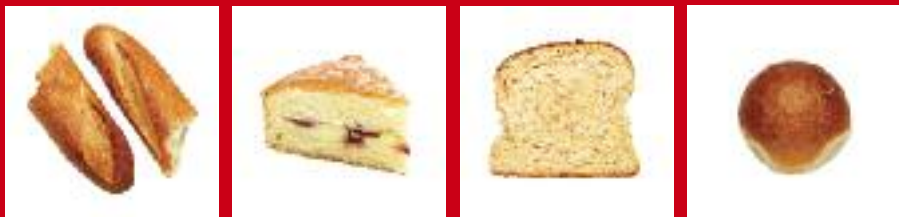


Method

1. Pre-heat the oven to 200C /Gas 6/ 400 F
2. To make mashed potatoes, cook the potato pieces in a pan with boiling water. Simmer for 10-15 minutes, until the potato is soft. Drain and mash with a little of the milk. Use a spoonful of cream or half fat crème fraiche instead if you have any leftover. Add a twist of milled black pepper.
3. Meanwhile, cut fish fillets roughly into pieces and place in an ovenware dish. Pour over milk and bake fish, uncovered, whilst the potatoes are cooking. The fish is ready when it looks opaque and flakes easily with a fork.
4. Remove fish dish carefully from oven and drain all the hot milk into a saucepan. Set dish with fish to one side.
5. Add butter and flour to the pan of hot milk and, using a balloon whisk, whisk over a medium heat. It will look lumpy to start but persevere and you will have a thick creamy all-in-one sauce.
6. Bring to the boil to thicken and thoroughly cook the flour then remove from heat. Add sweetcorn and a twist of pepper and pour sauce over the fish.
7. Top with the mashed potato and sprinkle cheddar on top if wished.
8. Bake for 10-15minutes to make the potato topping golden. Alternatively finish off under a pre heated grill.
9. Serves 4 with greens – e.g. French beans or peas



Love Bakery Hate Waste



£90 million of bakery waste is thrown away by Scottish households every year

Before you shop

Think about the week ahead and what bakery products you are likely to need.

When you shop

If you struggle to get through a whole loaf of bread, why not opt for a half loaf next time you do your shopping, most major retailers offer smaller loaves of bread.

Making the most of your bakery

If you are unsure of how much fresh bread your household will get through, why not try storing your bread in the freezer? Try putting half of the loaf in a freezer bag or suitable container to use at a later date or to take out slice by slice.

Bread that may seem slightly passed its best can be revived by warming or toasting.

Bruschetta toasts with pesto

Serves 2

Ingredients

4 slices of bread – preferably from a French stick/ciabatta or similar producing circles of bread. If it's square bread then cut into triangles to liven it up a bit!

1 tbsp ready made pesto or tapenade (an olive based spread)

1 tbsp olive or rapeseed oil

25g grated parmesan – optional



Method

1. Pre heat oven 200 C/Gas No7/425 F.
2. Brush bread with oil and spread with pesto or tapenade.
3. Add cheese if wished.
4. Bake for 3-4 minutes to roast very quickly for a tasty snack.



Love Fruit Hate Waste



£70 million of fresh fruit waste is thrown away by Scottish households every year

Before you shop

Check your fruit bowl and fridge and write a list of all the items you need and know will be eaten.

When you shop

Try buying your fruit loose so you can buy exactly what you need – look out for the Co-operative loose produce bags which also give you handy storage information.

Making the most of your fruit

Most fruit such as apples, oranges, melons, strawberries and grapes will stay fresher for longer if kept in the fridge. Fruit such as bananas and pineapples are best stored at room temperature.

Once a pineapple has been cut from the plant it will no longer ripen, so no excuses for leaving it sitting in your fruit bowl.

Rainbow Tumbler

Serves 1

Ingredients

125ml, a small pot – or a few spoonfuls of natural yoghurt

1 tsp runny Scottish honey

1 banana or/ a handful of soft berries/ or sliced peach/apricot/grapes/plums

Approx 1 tablespoon muesli/ or wholemeal breakfast cereal



Method

1. Add the honey to the yoghurt and blend.
2. If using fruits other than banana, wash the fruit in a colander or sieve under cold running water before using. Peel and slice banana.
3. Scatter some fruit in the base of a tumbler and add a spoonful of yoghurt. Scatter with muesli.
4. Repeat to the top of the glass to make an attractive dessert.

Makes 1 individual portion but multiply as required.

You can also use tinned fruit - but only buy those in natural juice not heavy syrup. The following combos also go well together: Mango and peach, or pear and grapes.

Love Meat and Fish Hate Waste



£130 million of meat and fish waste is thrown away by Scottish households every year

Before you shop

Before you go food shopping, have a look to see what you have in your cupboards, fridge and freezer. This will help you remember what you already have.

When you shop

Your local butcher, deli, greengrocer or counters at your local supermarket can provide you with the exact amount you want. Morrisons for example are more than happy for you to buy one chop or one sausage if that's all you really need.

Making the most of your meat and fish

If you don't want to use all your meat and fish at once, why not split the packs into portion sizes and freeze for another day.

Don't let freezer burn spoil the quality of your meat. Avoid this by making sure it is wrapped tightly in a suitable freezer bag or stored in an airtight container.

Bowl of Biryani



Serves 2

Ingredients

- 200g lamb, beef or chicken, cut into chunks
- 15mls (1tbsp) rapeseed (or light vegetable) oil
- 1 large onion, peeled and sliced
- 1 clove of garlic, peeled and chopped
- Half a tsp cinnamon
- Half a tsp cumin
- A generous twist of black pepper
- 1 bell pepper – colour of your choice – deseeded and cut in strips
- 1 bay leaf
- 1 tsp medium curry powder
- A small piece of fresh ginger, peeled and shredded
- 1 chilli, sliced through but added whole
- 150g long grain rice – ideally basmati
- Approx 300mls water
- 1 tsp vegetable bouillon powder (or half a veggie stock cube)

Method

1. Heat oil in wok or frying pan. Add onion and garlic with cumin, cinnamon and a twist of black pepper. Cook to soften onion and sizzle spices. Remove half the onion and set aside for later.
2. Add meat to pan and brown with remaining onions, curry powder, ginger, bayleaf and chilli. Add peppers and rice and mix together.
3. Gradually add boiling water with the bouillon powder, stirring occasionally.
4. The basmati rice takes around 10 minutes to cook so gradually add water until the rice is cooked and the mixture is fairly dry.
5. Divide between 2 bowls and top with remaining cooked onion.
6. Serve with chutney and yoghurt.

Love Vegetables and Salad Hate Waste



£100 million of vegetable and salad waste is thrown away by Scottish households every year

Before you shop

Try to plan your meals in advance so you know exactly what vegetables and salad you need to buy.

When you shop

Think of buying fresh produce in smaller quantities more often so you can enjoy it at its best. Sainsbury's for example offer smaller ingredient packs for single portions.

Making the most of your vegetables and salad

Keeping your fresh vegetables in the fridge will help keep them fresher for longer. Tomatoes however are best kept at room temperature, while potatoes are best stored somewhere cool and dark.

If your salad is wilted, refresh and revive it by submerging it in a bowl of cold water and putting in the fridge. Your salad should be crispy again within an hour.

Frittata - Spanish omelette

Serves 4

Ingredients

- 10mls (1 dessertspoon) rapeseed (or light vegetable) oil
- 1 onion
- 1 clove garlic, peeled and chopped
- 150-200g leftover green beans/mushrooms/onion – or a combination
- 1 tbsp freshly grated parmesan – or any strong cheese you have
- 1 red pepper, deseeded and sliced
- 100g cooked potatoes, sliced
- 6 beaten eggs
- 1tbsp chopped parsley/basil
- Freshly milled black pepper



Method

1. Heat oil in a frying pan and sauté onion and garlic until softened. Add pepper and continue.
2. Meanwhile wash vegetables as appropriate and trim into bite size pieces. Uncooked vegetables need blanched (part-cooked) for 2 minutes in boiling water. Drain.
3. Pre-heat grill.
4. Add all the vegetables (including cooked potatoes) and herbs to pan and toss lightly to mix together with the oil.
5. Pour eggs into pan and stir to combine.
6. Season with pepper (and a little salt if wished).
7. Stir together for a few moments then reduce to a medium heat and allow to cook without further stirring - about 5-8 minutes.
8. When fully set and golden underneath and still soft on top, scatter with parmesan and transfer to the pre-heated grill to finish off the top. The dish is cooked when the egg is set.
9. This characteristically makes a very thick omelette so serve in wedges, hot or cold.



Scottish workers spend an estimated £570 million on lunch a year, that's an average of £3.29 just on lunch!

A lot of the food we throw away such as bread, cheese, cold meats, fruit, and yogurts are ideal to use for lunch. Check your fridge before you rush off to work – there might just be a free-lunch waiting in there!

Tasty lunch ideas

- **Salads** – Add leftover cold meats, cheese, fruit or potatoes for a healthy lunch. The possibilities are endless!
- **Baked potatoes** – Leftover curry, bolognese or chilli make great baked potato fillings.
- **Soups** – Soups are a healthy lunch option that uses up leftovers in the fridge.
- **Sandwiches** – a quick and easy lunch to make before you dash off to work and a great way to use up those leftover cold meats, cheeses and salad from your fridge.

Top tips

- Lunch boxes – Old bread bags, margarine tubs and thermos flasks are all great ways to get your lunch to work. Always use airtight containers for foods that may leak such as soups.
- Keeping it fresh – If you have a fridge at work, pop your lunch in there, if you don't have a fridge use a cool bag.
- Bread – If you're unable to use a whole loaf, freeze the rest and take out what you need for lunch the next day.

Remember to eat cooked leftovers within two days and if you're reheating your leftovers at work, make sure they are piping hot.

Getting the right amount

Thinking about your portion sizes is a great way to help you plan how much food you need and avoid cooking too much. However, it's easy to over estimate quantities of dry foods such as rice and pasta. Next time you're cooking, why not use our handy portion guide to help you get the right amount?

A guide for measuring uncooked rice

- Child portion – 2 ½ level tablespoons, 35ml
- Adult portion – 5 level tablespoons, 75ml
- 4 adult portions – 1 full mug, 300ml



A guide for measuring uncooked spaghetti

For a foolproof way to getting your perfect portion of spaghetti, stand uncooked bundles on top of the circles to get the right waste free amount.

One adult

Two adults

Three adults



Food labels can be very confusing with all their different terms but the important ones to look out for are 'use by' and 'best before'.

Use By

This is the key date to look out for in terms of food safety. 'Use by' dates appear on foods that go off quickly like dairy products or meat and fish. You shouldn't eat food after the end of this date even if it looks and smells fine, as it may put your health at risk.

Best Before

These dates relate to food quality rather than safety. It is safe to eat food after this date, however food may no longer be at its best in terms of taste and texture. The exception to this rule is eggs, which should never be eaten after their 'best before' date.

Remember for these dates to work, you must follow the on pack storage instruction carefully, such as "keep refrigerated" or "store in a cool dark place". If a food can be frozen, its life can be extended beyond the 'use by' date.

The freezer should be every food lover's best friend!

Follow our hints and tips to make the most of your chilled chum!



- * Ensure that all food is frozen before it reaches its 'use by' date.
- * Check food labels or your freezer handbook to see how long food items can be frozen for.
- * Split multi packs of meat and fish into handy portion sizes and freeze for a later date.
- * Check regularly to see what food you have at the back of your freezer and rotate your older items to the front so they can be used up first.
- * It's best to defrost most foods in the fridge to keep them cool and remember to use them within one to two days.
- * Why not cook batches of dishes such as chilli, curry or stew, and freeze them in handy portion sizes for a stress free dinner at a later date – make sure you reheat your food until it's piping hot.
- * Frozen raw meat or fish can be defrosted, cooked thoroughly then frozen again – remember food should never be reheated more than once.