



Waste less, Save more Kitchen Handbook

Your guide to wasting less food and saving more money

Sainsbury's
live well for less

Waste less
Save more

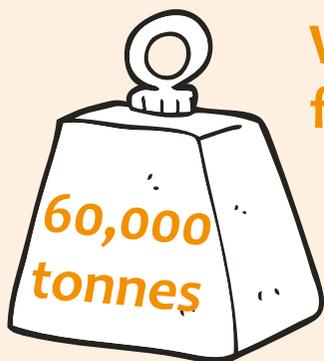
About this booklet

Many of us want to save money and eat better too. But sometimes it's hard to know where to start. So Perth & Kinross Council have teamed up with supermarket Sainsbury's to help you **waste less and save more**.

Wasting less food can help your household budget go further, as well as being better for the environment.

In this booklet you'll find tips, hints and recipes to cook nutritious meals and stop edible food being thrown away.

We hope this information, along with the kitchen utensils in your Welcome Pack, will help you make the most of your food. For more help and information use the contact details on the back of this booklet.



Why should I care about food waste?

That's how much food and drink we throw away in Scotland every year...

That's **£460** per year for the average household.

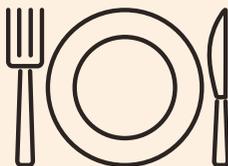
What we throw away most



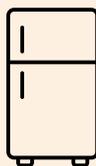
How you can waste less food and save money each month



Plan



Portion



Store



Cook

Cooking on a budget

Cooking from scratch

Spending time preparing and cooking your own meals is generally cheaper than buying a takeaway or a convenience meal, especially if you already have the cupboard essentials. You can even cook in bulk and freeze in portions, saving you money and time.

Watch your portion size

Make sure your portions aren't too big; this will not only help you maintain a healthy weight but also make food go a little further.

The whole family eats the same

When the whole family eat the same food, it can be more cost-effective and save time. Start children with homemade meals from an early age, instead of costly baby and toddler meals. Simply mash or chop up their portion to suit their age.

Use cheaper recipes

There are plenty of websites with a selection of healthy budget recipe ideas, such as the *Eat Better Feel Better* or *Change4Life Campaign*.

Buy frozen or tinned

Frozen or tinned fruit and vegetables are often underrated, they last longer and are often much cheaper. Choose canned fruit in fruit juice.

Compare price per weight

The price of fruit and vegetables, either loose or pre-packed, varies. To make sure you get the best possible price, check the price per weight

(eg £/kg or £/ml). Take advantage of fruit and vegetables on offer, including what's in season.

Making meals go further

Meat and fish tend to be the most expensive ingredient on the shopping list. These can be replaced with more vegetables, pulses (beans, lentils, peas), or meat alternatives such as soya mince.

Eating leftovers

Cook an extra portion or two, and have the leftovers for the next day. Leftovers can also be frozen for another day for a quick, ready prepared lunch or dinner.

Cooking for one

Just because a recipe serves 4 doesn't mean you can't cook it. Once cooked, divide into portions and freeze leftovers for another day.

Freeze bread

Bread is one of the most wasted household foods. You can reduce waste by freezing in portions.

Time your shopping right

Visit the supermarket an hour or so before it closes, or late on in the evening as items are more likely to be at a reduced price.

Spare cash

If you find yourself with some spare cash, look for deals or items that are reduced in price, especially those store cupboard essentials.

Budget-busting soups

Making soup is quick and easy and it can be very cheap. You can use whatever vegetables, meat and store cupboard ingredients you have and you don't need to follow a recipe. Make a big batch, then pop some in the freezer and there will be a healthy meal ready when you need it. You could use:



1. Peel, wash and chop vegetables.
2. Gently cook some chopped onion in a little oil.
3. Add your chopped vegetables and cook for a few minutes more.
4. Pour over vegetable stock (use low salt stock cubes).
5. Put the lid on the pan and leave to simmer for about 20 minutes. Stir regularly.
6. Blend it up or leave it chunky.

Know your dates

Knowing the difference between the dates on food means you can avoid wasting things that are still good to eat, while making sure you use up the items that will go off.



BEST BEFORE: eg bread, biscuits, pasta, rice, fruit, tinned food

These foods will be safe to eat after the 'Best Before' date, but they may no longer be at their best.



USE BY: eg meat, fish, milk, eggs

These dates refer to safety. Food can be eaten up to the end of this date but not after, even if it looks and smells fine.

DISPLAY UNTIL and SELL BY

You can ignore these dates as they are for shop staff, not for shoppers.

Top tip

You can freeze food anytime up to the Use By date.

Planning and shopping

Avoid waste by buying the right amount of food each week. Think about the meals you would like to make and how many people will be eating.



Shopping list

Avoid over-buying by making a list of the items you need at the shops.



'Shelfie'

Take a picture of your fridge or cupboard shelf to remember what you already have before you shop.



Apps

There are apps that could help you plan and shop. See the back page for more details.



Meal planning

Think about the meals you would like to make and write them on a wall chart.

Store cupboard essentials

Keeping some herbs, spices, tinned foods and dry ingredients in the cupboard will help you create a delicious meal when the fridge is looking bare.



Herbs, spices and stock cubes

These are great for flavouring soups, casseroles, curries, stir-frys and pasta dishes. Check the label for lower salt options.



Pasta and rice

These are easy to cook and are the perfect base for many meals.



Tinned vegetables and fish

Tinned veg is cheap and will help you eat your five-a-day, and tinned fish is a cheap source of protein.



Top tip *Stock up on essentials when they're discounted.*

Cooking for children

Children can be fussy eaters and that sometimes means good food gets wasted. In fact, on average, families with children waste as much as £700 worth of food a year. Here are some tips to reducing waste and making mealtimes fun.



Offer smaller portions

Allow children to ask for more if they're still hungry.



Give control

You could get older children to help themselves so they feel in control of their food.



Fun food designs

can encourage children to finish the food on their plates.



Snacks

Choose healthier snacks. More than 2-3 snacks a day can reduce appetite at mealtimes.

Storing food correctly

Always store food correctly using the guidance given on the food label - this will help reduce waste, and not only keep your food safe but also last longer too.



Bag clips

Use a clip to seal opened bags and keep food fresher for longer.



Airtight containers

Best for storing dry food and leftovers in the fridge or freezer.

Top tip Bread will go stale faster in the fridge! Keep it in the cupboard.

Know where to store

Knowing the best place to store your food will help it last as long as possible. Here's a handy guide:

Fruit and vegetables

Most fruit and veg will last longer in the fridge, in their original bag. Not potatoes, onions and bananas though...

Onions

Keep them in a cool, dark place away from other food that may take on the strong smell.

Potatoes

Keep them in a cool, dark place like a cupboard.

Bread

Bread will go stale faster in the fridge so keep it in a cupboard.

Bananas

Bananas cause other fruits to ripen faster so keep them separately. Peeled bananas can be frozen.

Using your freezer

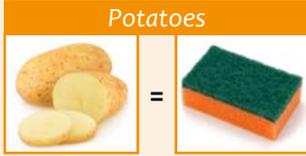
Most foods can be frozen up to the 'Use By' date, including:

- Bread
- Peeled bananas for use in smoothies or cakes
- Grated cheese (except soft cheese)
- All meat, raw or cooked
- Sliced or diced vegetables to use in soups from frozen
- Cooked pasta
- Leftovers - reheat until piping hot

Make sure to defrost (except vegetables) and use within 24 hours.

Portion Sizes

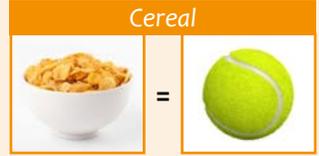
When it comes to food, size matters, especially if you are trying to lose weight, and reduce cost and waste. *What does the average adult portion look like?*



or 1 small baked potato



or 3 heaped tablespoons



or 3 tablespoons



or 50-75 grams



or 3 tablespoons



or 3 tablespoons

For more information on portion size, see the 'Your Guide to Healthy Eating' leaflet.

Top tip Use a smaller plate to avoid overloading at dinner time.

Portioning

There are many ways to measure your ingredients and get your portion sizes just right. This can help maintain a healthy weight.



Rice cup
A measuring cup for rice will make sure you don't cook too much.



Spaghetti measurer
Use this to get the right portion size for 1-4 people.



Scales
Great for making sure your portions aren't too big.



Measuring cups and spoons
These will help you get measurements in recipes right.

How to use leftovers safely

1. Divide leftovers into individual portions.
2. Cool as quickly as possible, ideally within 90 minutes.
3. Refrigerate or freeze in an airtight container.



In the fridge

- Use within 2 days.
- If reheating, make sure leftovers are piping hot.

In the freezer

- Defrost fully and eat within 24 hours.
- Reheat only once and make sure leftovers are piping hot.

Tips for eating healthy

Base meals on starchy foods (eg potatoes, bread, pasta, rice, sugar-free breakfast cereals etc).



Eat at least 5 portions of a variety of fruit and vegetables (fresh, dried, tinned or frozen).

Eat more fish (including 1 oily per week, for example mackerel, sardines, salmon).



Eat fat and sugar less often and in small amounts (biscuits, cakes, full sugar fizzy drinks, sweets).

Eat less salt (processed foods, stock cubes, bacon, table salt, cheese and gravy granules).



Eat 3 meals a day and don't skip breakfast.

Meal planning

Preparing and cooking your own meals is healthier and will save money. Check out the example Monday-Friday meal planner for inspiration and ideas. Not only are these meals nutritious and well-balanced but also cheap to make!

Day	Recipe
Monday	Chilli Con Carne
Tuesday	Spaghetti Bolognaise
Wednesday	Tuna and Broccoli Pasta Bake
Thursday	One-Pot Curry
Friday	Pizza



The shopping list below highlights all the ingredients needed.



Cupboard essentials shopping list

- Chilli Powder
- Ground Cumin
- Vegetable Stock
- Rice
- Vegetable/Olive Oil
- Beef Stock
- Mixed Herbs
- Tin Chopped Tomatoes
- Dried Pasta
- Curry Powder
- Ground Ginger
- Tomato Puree
- Tuna (brine)

Weekly shopping list for 4

Item	Quantity
Lean mince/meat-free alternative	800g
Chicken fillets	2 fillets
Ham	small pack
Reduced fat cheese	small block
Onion	6
Garlic clove	6
Peppers (red and green)	3
Carrot	2
Mushrooms (fresh or tinned)	24 items fresh
Broccoli	1 head
Apple	1 item
Tomatoes	2 items
Kidney beans	1 can
Potatoes	1 can
Carrots	1 can
Sweetcorn	small tin
Tinned pineapple chunks	small tin
Bread	2 slices
Ciabatta	4 x rolls
Pure unsweetened apple juice	150ml

Chilli con carne

What you need for four portions

- 400g lean mince/meat-free alternative
- 1 onion
- 1 clove garlic
- Mixed peppers (red and green)
- Handful mushrooms
- Tin chopped tomatoes
- 3 tablespoons tomato purée
- 1½ teaspoons chilli powder
- ¾ teaspoon ground cumin



- Approximately 500mls vegetable stock
- Tin kidney beans

What you need to do

- Put mince in saucepan and cook over a medium heat.
- Break up mince with a wooden spoon until all brown.
- Peel and chop the onion and garlic.
- Slice the peppers and mushrooms.
- Add all of above to pan and stir.
- Add the tinned tomatoes and tomato purée.
- Add chilli and cumin.
- Add enough stock to cover mince.
- Drain and rinse red kidney beans in cold water then add to pan.
- Cover with lid and cook gently (should be just bubbling slowly) for 30 minutes.
- Ready to eat now or cool and store covered in fridge for later.

Ideas to complete your meal

- Eat with cooked rice, jacket potatoes or some bread.
- Consider vegetarian option using extra vegetables, vegetarian mince, beans or pulses.
- Leftovers can be frozen and are great for easy midweek meals. Just cool and place in a date-labelled, airtight container, in the freezer for up to six months.

Spaghetti bolognaise

What you need for two portions

200g lean mince/meat-free alternative
1 onion, peeled and chopped
1 clove garlic, peeled and finely chopped
1 carrot, peeled and thinly sliced
4 mushrooms, sliced
½ red pepper, thinly sliced
1 beef stock cube



1 teaspoon of mixed dried herbs
½ tin (400g) of chopped tomatoes
1 tablespoon of tomato puree
150g of dried spaghetti pasta

What you need to do

- Dry fry the lean steak mince over a medium heat and cook until the meat is browned.
- Add the onion and garlic and cook until softened.
- Add the carrot, mushrooms and pepper and cook for 5 minutes.
- Crumble to stock cube into the mixture and stir.
- Add mixed herbs, chopped tomatoes and tomato purée and cook on a low heat for 20 minutes.
- If the mince looks dry, add boiling water or more chopped tomatoes.
- After 20 minutes of cooking, add the dried pasta to boiling water and cook until soft.
- Once the pasta is cooked, strain and add bolognaise sauce.

Ideas to complete your meal

- Add extra vegetables to make the dish go further. Try adding tinned carrots near the end of cooking.
- For a vegetarian option add extra vegetables, vegetarian mince, beans or pulses.
- Leftovers can be frozen. Just cool and place in a date-labelled, airtight container, in the freezer for up to six months'.
- Grate parmesan cheese over the finished dish.

Tuna and broccoli pasta bake

What you need for two portions

- 1½ mugs of pasta shells
- 2 dessertspoons sunflower oil
- 1 onion, peeled and chopped
- ½ tin (400g) chopped tomatoes
- 2-3 dessertspoons tomato purée
- 1 clove of garlic, peeled and chopped
- 1 teaspoon of mixed herbs
- 4 mushrooms, sliced



- 1 tin of tuna in brine, drained
- 1 slice of wholemeal bread, grated into breadcrumbs
- 3 dessertspoons grated cheese
- 5 florets of broccoli

What you need to do

- Put the pasta shells into a pot of boiling water and simmer for 12-15 minutes.
- Heat the oil in a pan, add the onion and cook until soft.
- Add the chopped tomatoes, tomato purée, garlic and mixed herbs, and simmer for 2 minutes to make a sauce.
- Add the mushrooms and tuna to the sauce, stir together and simmer for a further 5 minutes.
- Mix breadcrumbs and cheese together.
- Put the broccoli in with the boiling pasta for 2 minutes before the pasta is ready.
- Drain the cooked pasta and broccoli and add to the sauce.
- Pour mixture into an ovenproof dish, cover with cheese and breadcrumbs, grill until the cheese has melted and topping is crispy (for about 2 minutes).

Ideas to complete your meal

- Add more vegetables to make the dish go further.
- Frozen or tinned vegetables are great at preventing food waste, as you can use what you need and store the rest. Try adding frozen sweetcorn or peas with the broccoli.

One-pot curry

What you need for four portions

- 1 onion
- 1 clove of garlic
- 1 dessertspoon vegetable oil
- 2 chicken fillets
- 3 dessertspoons curry powder
- 2 teaspoons ground ginger
- 150ml vegetable stock
- 150ml pure unsweetened apple juice
- 4 mushrooms, fresh or canned
- 1 can new potatoes, drained



- 1 can sliced carrots, drained
- 1 apple

Optional

- 2 dessertspoons of coconut
- Handful of raisins
- Banana/naan bread to serve

What you need to do

- Peel and chop onion and garlic.
- Heat oil in pan and add onion and garlic.
- Heat gently for a few minutes.
- Chop the chicken into chunks and add to pan (remember to wash hands and utensils thoroughly after handling raw meat).
- Add curry powder and ginger to pan and stir well.
- Mix in the stock and apple juice.
- Slice and chop mushrooms, potatoes and carrots, and add to pan.
- Peel and chop apple and add to pan.
- Add coconut and raisins if wanted.
- Stir well, cover and cook on a low heat for about 20 minutes.
- The curry should just bubble gently and may need stirring from time to time to stop it sticking to the pan.
- Serve at once or allow to cool completely before covering and putting into fridge.

Ideas to complete your meal

- For vegetarian option, consider replacing chicken with tofu, extra veg or pulses.
- Any unused naan bread or leftovers could be stored in the freezer.

Pizza

What you need

Tomato purée

1 tin chopped tomatoes

Mixed herbs/black pepper

Pizza bases/ciabatta bread

Your favourite toppings:

ham, tuna, sweetcorn,

cooked chicken, pineapple,

mushrooms, peppers, red

onion, sliced tomato

Grated cheese



What you need to do

- Preheat oven to 200°C/400°F/Gas Mark 6.
- Mix $\frac{1}{4}$ tube of tomato purée with $\frac{1}{2}$ can of chopped tomatoes using a fork (you can add some dried mixed herbs or black pepper if you have them).
- Spread a thin layer of this sauce on pizza base or slice of ciabatta bread.
- Top with a selection of your favourite toppings.
- Finish with a sprinkling of grated cheese.
- Place on a baking tray and cook for 10-12 minutes until cheese is melted and vegetables are cooked.

Ideas to complete your meal

- Use wraps or pitta bread as a pizza base if you are looking for a lower caloric option.
- Wraps or pitta bread can be stored in the freezer to be used when needed.
- Use any leftover, fresh, tinned or frozen vegetables.
- This easy recipe is great to cook with the family

More information



Useful websites

www.lovefoodhatewaste.com

www.pkc.gov.uk/recycle

<https://wasteless.savemore.sainsburys.co.uk/>

<https://www.eatbetterfeelbetter.co.uk/>

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



Food saving apps

- *Food rescue*
- *Love Food Hate Waste*
- *EatBy App*



Help with cooking

Come along to a free *Waste less, Save more* cookery course and learn how to cook meals from scratch. Contact the details below for information on courses near you.

For advice on healthy eating, please see the NHS 'Your Guide to Healthy Eating' leaflet included within your Welcome Pack.

☎ 01738 476476 ✉ recycle@pkc.gov.uk 🌐 www.pkc.gov.uk/recycle

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