



WHAT'S THE PLAN?

Workshop topics

Introductions

Why food waste is such a problem

Food waste diary discussion and looking at why food is commonly wasted at home

Practical tips to help you reduce your food waste – (including activities!)

Advice on saving energy in the kitchen



**LOVE
FOOD**
hate waste

WHAT
IS

Love Food Hate Waste is a campaign to raise awareness of the huge **environmental** and **economic** impacts of food waste.



**LOVE
FOOD**
hate waste?

As an often over-looked driver of climate change, reducing food waste can make a huge contribution to slowing down global warming.



The Impact of Food Waste: THE GLOBAL CONTEXT

1/3 of all food produced worldwide is

WASTED



LOVE
FOOD
hate waste

The Impact of Food Waste: THE GLOBAL CONTEXT



**GHG emissions from global food waste are
3 x greater than global air travel**



The Impact of Food Waste: THE SCOTTISH CONTEXT

**Roughly
1 MILLION TONNES
of food is thrown
away every year**

This accounts for over

**2.24
MILLION
TONNES**

of CO₂e

The Impact of Food Waste: THE SCOTTISH CONTEXT

2/3

of this comes from
HOUSEHOLDS



APPROX. **60%**
of this is
'EDIBLE' waste

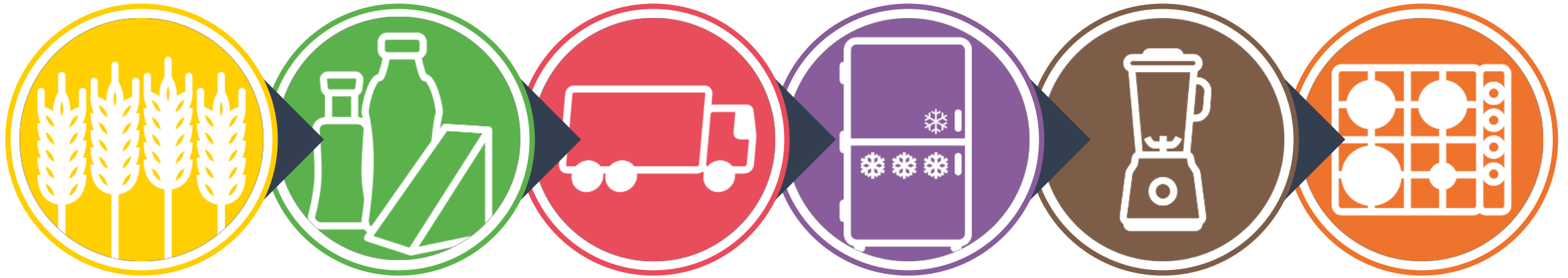


COSTS HOUSEHOLDS
APPROX. **£575**
per year





The Impact of Food Waste: ENVIRONMENTAL



PRODUCING

PACKAGING

DISTRIBUTING

STORING

PREPARING

COOKING

**EVERY STAGE OF THE FOOD JOURNEY USES ENERGY, FUEL AND WATER
– WHICH EMITS GREENHOUSE GASES INTO THE ATMOSPHERE.**



The Impact of Food Waste: ENVIRONMENTAL

Food waste generates a high level of methane as it spoils, which has a huge impact on climate change...



CH₄

METHANE has

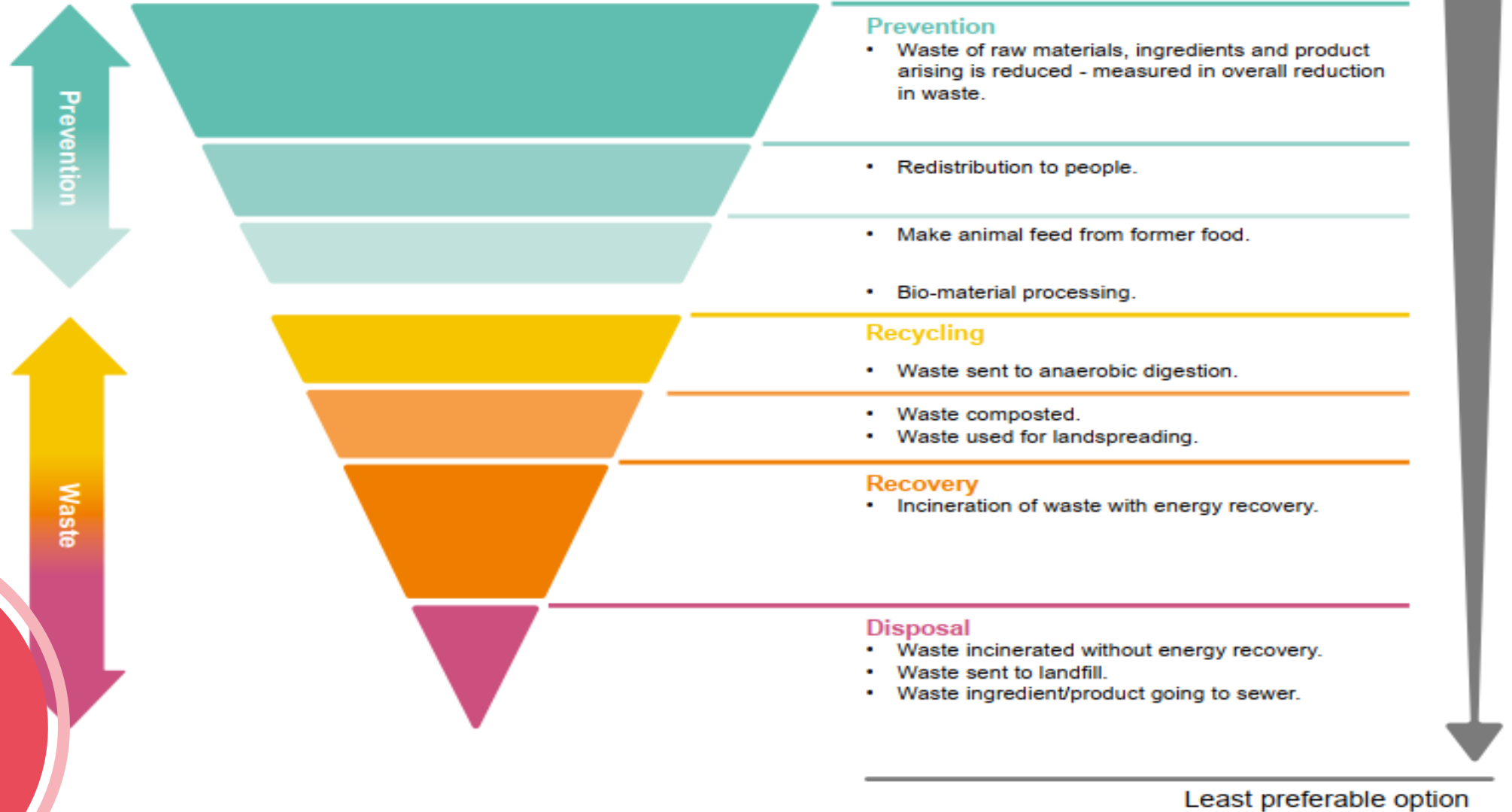
over 25 times

the global warming
potential of

CO₂
CARBON DIOXIDE



The Food Waste Hierarchy



Why do you think food waste 'prevention' is better than 'recycling'?



The Impact of Food Waste: FINANCIAL



1. Food that we have paid for ends up in the bin.



2. The more food we throw out, the more food we need to buy to replace what was wasted.



3. Food waste results in an increase in indirect costs e.g., trips to the shop, wasted energy used for cooking, and other expenses like bin bags.



The Impact of Food Waste: FINANCIAL

The current “cost of living crisis” and food prices increasing by over 11% since 2021 is having a huge impact on people across Scotland. This makes it even more important to make food go further and reduce how much goes to waste.





The Impact of Food Waste: FINANCIAL SAVINGS

With food waste costing Scottish households roughly

£575 per year

it's clear that we could all be making substantial financial savings by preventing food from ending up in the bin.





WHAT FOOD IS BEING WASTED?



Understanding what types of food are commonly wasted and why are the first steps in being able to effectively reduce waste.



WHAT TYPES OF FOOD ARE MOST COMMONLY WASTED GLOBALLY?

20%

DAIRY



20%

MEAT



30%

CEREALS



35%

FISH



40%-
50%

FRUITS & VEG





In Scotland we throw away: DAIRY

£63 MILLION
of dairy waste every year

= Enough milk for

500,000

bowls of cereal every day!

**85,000 litres of
milk is thrown
out untouched**

That's the
output of
1300 cows





**LOVE
FOOD**
hate waste

BAKERY

£76 MILLION
of bakery waste
every year

=

Enough to make
800 MILLION
sandwiches!

Over
2 million
slices
of bread
are thrown out
each day in
Scotland



**LOVE
FOOD**
hate waste

FRESH MEAT AND FISH

Over
£190 MILLION
of meat and fish
waste every year

= enough to make
everyone in
Scotland a bacon
buttie every
Saturday for the
next year!



**LOVE
FOOD**
hate waste

FRUIT

**£79
MILLION**

of fresh fruit
waste is
thrown away
every year

=

Enough to give
everyone in
Scotland an
apple a day
for a month!



**LOVE
FOOD**
hate waste

DRINKS

£110 MILLION
of drink is thrown away every year.

That's enough to buy
330 MILLION
glasses of orange juice.

63,000 litres
of fizzy drinks are
thrown out
EVERY DAY!

That's
190,000
cans



What Can You Do? FOOD WASTE DIARIES

HOW MUCH ARE YOU WASTING?

Total **weight** of food waste generated

= xxkg

Over the course of a year this would come to...

=xxkg

Total **cost** of food waste

= £xx

Over the course of a year this would come to...

= £xx

LOVE FOOD hate waste YOUR 7 DAY FOOD WASTE DIARY

Day/Date	Type of waste food thrown out	How much? (e.g. per person, per week, etc.)	How often? (e.g. 100g, 1kg, 10kg, etc.)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

KNOW THE COST!

Why Do We Waste Food?

$\frac{2}{3}$ OF WHAT IS THROWN AWAY COULD HAVE BEEN EATEN IF WE HAD SIMPLY MANAGED IT BETTER



1

We don't check
our cupboards
so over buy



Why Do We Waste Food?

$\frac{2}{3}$ OF WHAT IS THROWN AWAY COULD HAVE BEEN EATEN IF WE HAD SIMPLY MANAGED IT BETTER



2
Not sure what date labels mean or don't keep a check on them.



Why Do We Waste Food?

$\frac{2}{3}$ OF WHAT IS THROWN AWAY COULD HAVE BEEN EATEN IF WE HAD SIMPLY MANAGED IT BETTER



3

Over generous portioning

Why Do We Waste Food?

$\frac{2}{3}$ OF WHAT IS THROWN AWAY COULD HAVE BEEN EATEN IF WE HAD SIMPLY MANAGED IT BETTER

4

Not making full
use of our
freezers





Why Do We Waste Food?

$\frac{2}{3}$ OF WHAT IS THROWN AWAY COULD HAVE BEEN EATEN IF WE HAD SIMPLY MANAGED IT BETTER



5

Not using up
our leftovers



What Can You Do? IT PAYS TO PLAN

**Planning what we buy
is one of the most
effective ways of
reducing food waste.**

Looking at the food we
already have in the fridge
and cupboards before
going shopping can help
us be better prepared at
knowing what we need or
don't need to buy.



ACTIVITY!

IT PAYS TO PLAN!





IT PAYS TO PLAN

1. In your team go through the activity sheet actions.
2. For every action you all do on a regular basis, give yourselves 2 points. If less than half of you does it, give yourself 1 point and if no-one does it then 0 points.
3. Discuss which of the planning actions most of you do and why.
4. Discuss which of the planning actions least of you do and why.
5. Share anything different you might do differently following this exercise.
6. The team with the most points is the winning team!

Check for leftovers that need using up

Check what you already have in the fridge, freezer and store cupboard

Check labels on food in fridge and cupboard for 'use by'/'best before' dates

Think about how many people are eating on each day

Decide how many days and meals you are shopping for

Decide what you are going to eat/cook for each meal

Plan to cook more and have it another day or freeze for another day

Write a shopping listand take it with you And stick to it!

Think about what you are going to do if you buy an unplanned bargain – freeze it, share it, eat it.

Plan to use up/give away your fresh food before going on holiday

Ensure that frozen leftovers are included in the plan

Include a 'store-cupboard' meal in your plan in case your plans change

Involve other household members in the meal planning (housemates, children)

Score

Total



What Can You Do? IT PAYS TO PLAN



Check





What Can You Do? KNOW YOUR LABELS

A key part of effective planning is knowing what food you have available. This includes being aware of:

- ✓ **when it's at its best**
- ✓ **how long it's good for, and**
- ✓ **when it needs used up by.**

Checking food dates saves money and lets us enjoy the products we buy when they're at their best.





What can you do? KNOW YOUR LABELS



“Use by” dates refer to food safety

Food can be eaten up to the end of this date but not after, even if it looks and smells fine. Always follow the storage instructions on packs.



“Best before” dates refer to quality rather than food safety

When the date is passed, the food won't be unsafe but might begin to lose its flavour and texture.

**One exception is eggs – never eat eggs after the 'best before' date.*



What can you do? PERFECT PORTIONS

Understanding optimum portion sizes is a good way of reducing food waste, as it limits unforeseen leftovers.

How confident are you at judging the recommended portion sizes for different types of food?





What Can You Do? PERFECT PORTIONS

WHAT IS THE 'PERFECT' PORTION SIZE?



What Can You Do? BATCH COOKING

Batch cooking is an effective way of reducing food waste in the following ways:



Preparing larger quantities of ingredients to avoid half used vegetables etc. being left unused in the fridge.



Effective for using up stored food in one go - particularly good for making use of perishables.



Makes cooking during the week easier so you're more likely to stick to your plan.

What Can You Do?

ONE-POT WONDERS ARE A GREAT WAY TO REDUCE FOOD WASTE

ONE-POT WONDERS

- ✓ Soups
- ✓ Stews
- ✓ Curries
- ✓ Casseroles
- ✓ Risottos
- ✓ Stocks

TYPES OF FOODS IDEAL FOR ADDING TO ONE-POT WONDERS

- ✓ Odd bits of vegetables
- ✓ Wilting herbs
- ✓ Leftover roast meat and fish
- ✓ Stale bread
- ✓ Hard cheese



What Can You Do? THE FREEZER IS YOUR FRIEND

A lot of avoidable food waste occurs because we just don't get round to eating it in time.

Knowing what foods can be frozen (and for how long) is one of the simplest ways of preventing food from ending up in the bin.

Freezing food can also save a lot of time and money.





What Can You Do?

THE FREEZER IS YOUR FRIEND



- * You don't have to freeze food on the day you buy it – food can be frozen anytime before the 'use by' date.
- * Defrosted food should be used within 24 hours.
- * Label it! Making note of what you're freezing is a good way to know what you have in stock and how many portions you have – making it more likely to be eaten.
- * Freeze leftovers in small portions. This will make them quicker to defrost and easier to use per portion.
- * Chop up fruit, veg, meat and herbs into smaller pieces before freezing. Doing so means you can cook with them directly from frozen if required.



ACTIVITY!

TO FREEZE OR
NOT TO FREEZE?



The Freezer Is Your Friend

WHICH FOODS CAN BE FROZEN?



What Can You Do? LOVELY LEFTOVERS

Being equipped with a handful of kitchen hacks can help transform uninspiring leftovers into a delicious meal...



Become a seasoned pro at seasoning!

Make anything taste good by getting familiar with your herbs and spices. They're a great way to add a burst of flavour and reinvigorate fridge leftovers.



Bulk them up!

Keep tins of essentials like chopped tomatoes, chickpeas, beans or veggie mince to add to leftovers to create a whole new dish.



Get creative with toppings!

Adding toppings after cooking are a great way to add some oomph to a dish put together from leftovers – bonus points if your toppings are also made from leftovers!



What Can You Do? WASTE BUSTING KITCHEN HACKS

To peel or not to peel? That is the question!

Reduce avoidable food waste and make good food go further by rethinking how you normally use ingredients.

Lots of fresh produce doesn't need to be peeled before cooking – as long as you make sure to give them a good scrub first.

For many fruit and veg, most of the vitamins, minerals and nutrients are found in the skin or just under the skin. Peeling fruit and veg means we might miss out on the extra goodness.

What Can You Do? WASTE BUSTING KITCHEN HACKS

**FRUITS AND VEGETABLES THAT YOU CAN SAVE TIME
(AND FOOD WASTE) BY LEAVING THE SKIN ON...**

VEGGIES

- ✓ Potatoes
- ✓ Carrots
- ✓ Aubergines
- ✓ Cucumbers
- ✓ Butternut squash
- ✓ Sweet potatoes

FRUIT

- ✓ Apples
- ✓ Pears
- ✓ Kiwis
- ✓ Peaches
- ✓ Plums
- ✓ Nectarines

What Can You Do? WASTE BUSTING KITCHEN HACKS

SHOW LEAVES SOME LOVE...

The stalks, stems and leaves of many vegetables are edible, packed full of flavour and often highly nutritious. Here are some examples of ways of using different parts of vegetables.



Broccoli stalks – chop them up and cook them like you would the normal florets.



Celery and carrot tops – finely chop and add to soups and stews just like you'd do with herbs.



Cauliflower leaves – are delicious roasted along with the rest of the vegetable.



Herb stalks – can all be finely chopped or adding to soups and stews, or blitzed into sauces, salsas and pesto.

Other surprisingly edible ingredients... Any ideas?



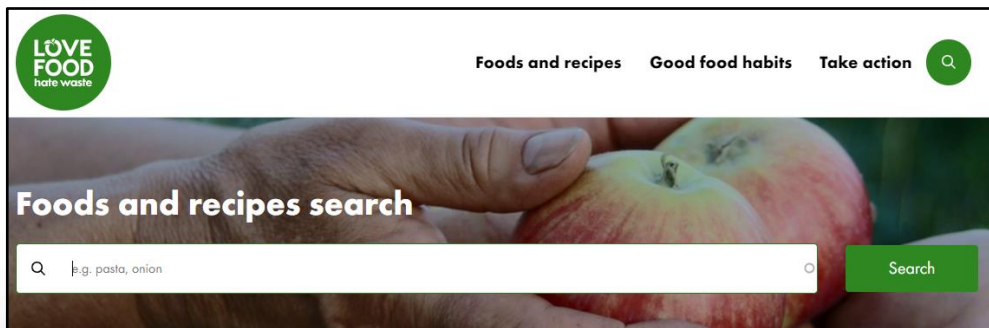
What Can You Do?

USE IT UP BY CHANGING IT UP

It can be easy to get into a routine and end up cooking the same handful of meals week in, week out.

If you're feeling a bit uninspired, fallen out of love with cooking, or looking for new ways to use up what's in the fridge, recipe swapping is a great way to try out delicious new dishes.

- ✓ Why not try recipe swapping with friends, family and colleagues for inspiration?
- ✓ Check out the Love Food Hate Waste recipe generator.
- ✓ Lots of supermarkets provide recipe cards or inspiration for seasonal/promotional ingredients on their website.



FRUIT

- ✓ 'Bruised' fruit crumble
- ✓ Smoothies
- ✓ Add to homemade ice-lollies
- ✓ Banana bread
- ✓ Compote

VEGETABLES

- ✓ Risotto
- ✓ Curry
- ✓ Pasta/pasta bake
- ✓ Quiche
- ✓ Soup
- ✓ Stir fry

MEAT & FISH

- ✓ Risotto
- ✓ Curry
- ✓ Pasta/pasta bake
- ✓ Stews
- ✓ Casseroles
- ✓ Pie

BAKERY

- ✓ Bread and butter pudding
- ✓ Croutons
- ✓ Panzanella salad
- ✓ French toast
- ✓ Homemade breadcrumbs

DAIRY

- ✓ Add a dollop of any leftover cream to sauces for an extra rich and comforting dish
- ✓ Add parmesan rinds to soup/sauces
- ✓ Cut large blocks of cheese to smaller sizes and freeze one for later

DRINKS

- ✓ Freeze leftover wine in ice cube trays to add to sauces when needed
- ✓ Fruit juices and milk can be frozen ahead of use by dates
- ✓ Consider buying smaller sizes of fizzy drinks

Additional Support TIPS FOR USING LESS ENERGY IN THE KITCHEN

- 1) Defrost frozen food in the fridge overnight.
- 2) Be kettle conscious.
- 3) When you're in a rush – make the most of your microwave.
- 4) When you have time on your side – get the slow cooker on.
- 5) Batch cook.



Additional Support TIPS FOR USING LESS ENERGY IN THE KITCHEN

- 6) Shut the door & keep a lid on it!
- 7) Turn the oven off early.
- 8) Size it up...
- 9) It all stacks up...
- 10) Simmer down!
- 11) Oi, keep it clean!





ADDITIONAL RESOURCES

Good food habits:

<https://www.lovefoodhatewaste.com/good-food-habits>

Storage tips and advice:

<https://www.lovefoodhatewaste.com/blog/how-have-organised-kitchen-your-dreams>

Planning:

<https://www.lovefoodhatewaste.com/foods-and-recipes/food-portion-calculator-your-guide-perfect-portion-sizes>

<https://www.lovefoodhatewaste.com/good-food-habits/how-do-i/create-flexible-and-simple-meal-plans>

Fridge/Freezer:

www.scotland.lovefoodhatewaste.com/article/chill-fridge-out

<https://www.lovefoodhatewaste.com/blog/seven-ways-keep-food-your-fridge-fresher-longer>

<https://www.lovefoodhatewaste.com/blog/seven-foods-you-never-knew-you-could-freeze>

Recipe generator:

<https://www.lovefoodhatewaste.com/foods-and-recipes>



THANK YOU!

If you enjoyed this Foundation Food Waste Reduction workshop, **why not take part in our Intermediate Workshop?**

It in we'll look at even more tips for reducing food waste, as well as empowering you to share your knowledge and inspire others!

Visit lfhw@zerowastescotland.org.uk for information on how to sign up.

For all the latest information, kitchen hacks and other tips on reducing food waste, **follow us on social media** and **visit our website** at:

scotland.lovefoodhatewaste.com



[@lovefoodhatewastescotland](https://www.instagram.com/lovefoodhatewastescotland)



[@lfhw_uk](https://twitter.com/lfhw_uk)



[@LoveFoodHateWasteScotland](https://www.facebook.com/LoveFoodHateWasteScotland)



[@Love Food Hate Waste](https://www.youtube.com/lovefoodhatewaste)