

# 12 Tips to reduce food waste



Every year billions of tons of food are wasted around the world. Globally a third of foods produced goes to waste which has a huge environmental impact. When we waste food, we also waste all the energy and water it takes to grow, harvest, transport, and package it. And if food goes to the landfill and rots, it produces methane—a greenhouse gas even more potent than carbon dioxide. About 6%-8% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food.

We can help address the problem from our own kitchens by looking for ways to use up ingredients that would otherwise be thrown away. Wasting less food in our homes not only helps the planet but it also means saving more money and getting the most out of what we've got. So here are my top tips and tricks to use in your own home to make the most of your ingredients and celebrate your food.

# Nutrition

by Sarah Fontana



1. Plan your meals! Writing a shopping list, you're going to have for each meal that week, this will help make sure you only buy what you eat.
2. Organise your fridge! Keeping your fridge organised can help you reduce food waste because it'll help you see everything you have. Top tip is to arrange your fridge by expiry date, moving old produce to the front and putting new produce at the back so you don't find hidden foods that's expired and you'll know what needs eating first.
3. Love your leftovers! Before you shop, make a fridge raid meal. Any vegetables you have can be easily transformed into a curry, pie, frittata or blended into a dip.
4. Whizz herb stems & wilted salad leaves into pestos & salsa verdes.
5. Turn your bruised apples and soft bananas into a cake or crumble.
6. Blend soft or mushy fruit into creamy ice lollies or frozen yoghurts and smoothies.
7. Don't bin leaves! Leaves are edible and loaded with nutrients. Try roasting cauliflower leaves to add to meals. Stir fry broccoli stalks & blend carrot tops into delicious spiced green dips.
8. Freeze! Instead of throwing away, any leftover food can be frozen, so that you can eat it at a later date. It's not just cooked food you can freeze, you can also freeze cold ingredients such as milk, cheese, bread, bananas and butter.
9. Eat the vegetable peelings! Eat the peelings or give them a good wash and roast to make crisps. Potato and pumpkin peelings make delicious crisps. What's more, skins contain a large amount of fibre, vitamins, minerals and antioxidants.
10. Buy misshaped or 'ugly' fruits and vegetables! Misshapen produce uses as much energy, water and natural resources and is as nutritious as regular produce. When you buy it, you create further demand for it, which will help put imperfect produce on store shelves instead of landfills.
11. Store food correctly! Storing food incorrectly can lead to premature ripening and, eventually, rotten produce. For instance, potatoes, tomatoes, garlic, cucumbers and onions should never be refrigerated. These items should be kept at room temperature. Separating foods that produce more ethylene gas from those that don't is another great way to reduce food spoilage. Ethylene promotes ripening in foods and could lead to spoilage. Foods that produce ethylene gas while ripening include: Bananas, avocados, tomatoes, cantaloupes, peaches, pears, and green onions. Keep these foods away from ethylene-sensitive produce like potatoes, apples, leafy greens, berries and peppers to avoid premature spoilage.
12. Log the food you waste! Make a note of the food you throw away. If you start to see a pattern, you might want to cut down on how much of it you buy.