



12 Days of Christmas - no food waste

By Sarah Fontana Nutrition

For many people the festive season is about eating and drinking but it is easy to get carried away, not just eating too much but buying too much, and then throwing it away. Around the world, households discard around 74kg of food a person, according to data from the UN. The good news is that you can take simple steps to manage your food during the festive season which will save you money and help the environment.

To help you get in the spirit, we're sharing everything you need to know to stop Christmas food waste. By adopting these practices, you not only contribute to a more sustainable and eco-friendlier festive season but also ensure that the spirit of Christmas extends to your kitchen with every delicious bite.



01

PLAN YOUR CHRISTMAS MENU

Think back to last Christmas and try to pinpoint what types of food were unused and thrown out. Was it something you and your loved ones really didn't like? Perhaps you stocked up on too many basics like milk and bread, or just bought in too large a quantity?

02

GET PICKLING AND MAKE MY CHRISTMAS PICKLE!

Love any scraps of vegetables you have and make into a pickle that lasts up to 6 months! Enjoy my red cabbage and beetroot pickle, perfect for Christmas. The recipe is on the [Thanksgiver website](#).

03

STICK TO YOUR SHOPPING LIST AND ONLY BUY WHAT YOU NEED

A gift to yourself (saving energy, money, and stress) is to write your food shopping list before you leave the house. Check what items you already have in your cupboards and freezer, so you only buy the food you need.

04

STORE CHRISTMAS FOOD PROPERLY

So, It's Beginning to Look a Lot Like Christmas with your decorations up and Christmas shopping done. Storing food properly will help it last longer. For example, keeping fruit like bananas and nectarines in the fruit bowl will cause the other fruit to ripen quicker, so keep them apart. Fridge and freezer space might be tight so before Christmas try to use up what's already there. Serve and eat the more perishable foods first and then bring out the longer-life food Freeze perishable items, such as meats, bread, and even cooked dishes, to extend their shelf life.

TURN YOUR LEFTOVER CHEESE BOARD INTO FABULOUS CHEESEBOARD NACHOS!

05

Nothing goes to waste with my cheeseboard nachos! Turn yesterday's cheese odds and ends, leftover vegetables sticks, olives, anything you have and transform them into a delicious snack or appetiser. Get creative!

06

COOK WITH LEFTOVERS!

Once cooled, place leftovers in reusable, resealable tubs in the fridge, to be eaten and not forgotten! Leftovers are the no stress, minimal cooking food that makes it easy for you.

07

DONATE LEFT AND EXTRA FOOD

Bought too much? We tend to over purchase at Christmas leaving us with perfectly good food that end up in the bin. Why not donate to a neighbour, friend or your local food bank. Thanksgiver are always happy for donations!

CHOOSE SEASONAL AND LOCAL PRODUCE

08

Opt for seasonal and locally sourced fruits and vegetables for your festive meals. benefits of fresh, seasonal produce, and choosing fresh, local options can often reduce the environmental impact of transportation and typically have a higher nutritional content. Think Brussels sprouts and root vegetables are all in season this time of year.

09

GIVE YOUR GUESTS LEFTOVERS

Encourage guests to bring reusable containers or have some at the ready and guests can take home leftovers. You could suggest on creative ways to repurpose leftovers into new meals, or direct them to the food waste page on thanksgivers website 😊 ensuring that the delicious festive feast continues to contribute to a nutritious meal beyond the main event.



10 COMPOST SCRAPS AND PEELS

Rather than throwing away vegetable scraps and peels, consider composting which contributes to minimising overall food waste.

11 TOO MUCH CHOCOLATE?? - TRY MY FESTIVE CHOCOLATE LOG

We can receive a lot of chocolate at Christmas, here is a fun way of using up chocolate, biscuits dried fruits or even nuts, anything goes! Turn them into my chocolate festive log. You can find the recipe on Thanksgivers recipe page.



12 CHRISTMAS LEFTOVER STIR-FRY

Ingredients:

- *Leftover roast vegetables (carrots, Brussels sprouts, potatoes, etc.)*
- *Leftover roast meat (turkey, ham, or beef), sliced*
- *Cooked rice or quinoa*
- *Soy sauce*
- *Ginger and garlic, minced*
- *Green onions, chopped*
- *Coconut oil or sesame oil*
- *Optional: leftover cranberry sauce for a sweet twist*

Instructions:

In a large pan or wok, heat oil over medium-high heat. Add minced ginger and garlic, sautéing briefly until fragrant. Add the sliced roast meat to the skillet and stir-fry until heated through. Add the leftover roast vegetables to the skillet and continue to stir-fry. Pour soy sauce over the mixture, adjusting to taste. Toss in cooked rice or quinoa, ensuring it's well coated with the flavors. If you have cranberry sauce, add a dollop for a sweet and tangy kick. Continue to stir-fry until everything is well combined and heated. Garnish with chopped green onions before serving.

Wishing you a fabulous waste free Christmas from the Thanksgiver team.