

## **'How to reduce food waste' meet up 26/08/2019**

### **Climate Action East Linton**

Ideas and suggestions for how we could reduce food waste both as households and as a community were explored.

#### **Underlying principles**

- Think and be mindful
- Not to over consume: not buy more than needed and keep portion sizes reasonable
- Planning
- Freeze, freeze, freeze! (left-overs, batch cooking, food that would otherwise go off)

#### **Tips shared**

- Think about situations where food waste happens more commonly e.g. over buying when guests are visiting
- Meal plan for the week ahead
- Best before vs Use by dates
- Batch cooking and freezing (saves energy too)
- Use up what you have in the fridge before stocking again
- Have a budget and stick to it – prevents over buying
- Measure what you cook e.g. rice, pasta
- Use no more than 6 ingredients in a meal – keep it simple and then you don't end up with exotic ingredients that you can't use in other meals
- Make left-overs or scraps into soup
- Keep chickens and feed them left over food
- What foods are worse to waste? E.g. wasting meat is worse than wasting home grown veg
- Support and buy imperfect food e.g. the 'wonky' section at Morrisons

#### **Specific tips for foods**

- Bread: only buy when it's really needed (bread used up), freeze what's not needed. Turn excess bread into croutons, breadcrumbs
- Chicken bones: made into soup
- Herbs: chop up and put into ice cube trays with some water and freeze
- Coffee grounds can be used on heather to help it grow
- Gooseberries, damsons, rhubarb can be frozen in chunks and then put into drinks as 'ice cubes'
- Bananas: make into ice cream – freeze and then whiz up with natural yoghurt

#### **Ideas for saving food in wider community**

- Excess food, particularly excess produce during growing season – make available for the wider community to use. Ask the Mart if they would be interested in this (***Sue to ask***), if not can look into possibility of having a table outside community hall or a café. Encourage folk providing the food to add simple recipes so that people have ideas of how to use the food
- Excess food could be provided to cafes/ Bostock bakery etc to use (? – would need to be investigated)
- Access to an apple pressing machine? E.g. Dunbar micro-brewery?
- Set up simple cookery courses with a focus on how to use typical food which is wasted