

## Food waste facts

### So what is top of the pops for throwaway food?

- fresh fruit & vegetables
- fresh meat & fish
- bakery & dairy produce
- rice & pasta



### And why do we throw so much food away?

- We don't eat it in time
- We prepare or cook too much
- We buy too much – eg special offers and multiple buys with a short use by date
- We don't use leftovers

### What about in Wiltshire?

- Waste composition surveys show more than a third of the waste in Wiltshire bins is food
- We throw away 40,000 tonnes of food waste each year
- Food waste ends up on landfill where it generates the greenhouse gas methane

### What can I do?

- Reduced price home composters for peelings, egg shells, coffee grounds and garden waste can be purchased through Wiltshire Wildlife Trust. Ring **01380 725670** or visit [www.recycleforwiltshire.com](http://www.recycleforwiltshire.com) for more details.
- Subsidised food waste digesters are also available for Wiltshire residents. Visit [www.recycleforwiltshire.com](http://www.recycleforwiltshire.com) for more information. These take all difficult to dispose of food waste including cooked and uncooked meat, fish, bones, vegetables and fruit.



## Facing up to food waste

There are lots of reasons why food might not get eaten in time – we forget to freeze or chill something to use at a later date or we lack the knowhow about using leftovers. But there's lots we can do to cut down on the amount of food waste we throw away.

### Shop carefully

Planning meals, keeping the cupboard and fridge stocked with basics and keeping an eye on the 'best before' and 'use by' dates all helps. A shopping list also saves us time, money and wasted food.

### Cook carefully

Many of us cook too much and end up wasting items such as pasta, rice and potatoes. Perfect portions are the answer – click onto [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for an online ready reckoner.

### Store food properly

Make sure you have a good variety of storage containers, bags and clips to keep your food fresh. Keep the fridge at the right temperature (1° - 5°C).

### Love those leftovers

Leftovers might sound dull but can save time and money. Always refrigerate cooled leftovers promptly in shallow containers, covering them well so they don't dry out in the fridge, and using them within two or three days. Try your hand at our Wiltshire recipes or click onto [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for loads more.



## For more information...

Love Food Hate Waste is a national campaign run by WRAP and backed by Recycle for Wiltshire.

The problem with food waste is not only that it costs us as consumers a significant amount of money, but there are serious environmental implications. Here in Wiltshire food that is thrown away ends up in landfill where it creates methane gas, one of the worst green house gases.

Here are some useful websites to help you be as environmentally friendly as you can in Wiltshire. For more information ring **01225 713000**.

### [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

This website is packed with facts and figures about food waste, recipes, tips and celebrity supporters.

### [www.recycleforwiltshire.com](http://www.recycleforwiltshire.com)

This is a one stop shop for all your recycling needs. You can check out your black box pick up dates, find out about your nearest recycling centres and opening times, and pick up a wealth of tips of how to be a great recycler.

### [www.wiltshirewildlife.org](http://www.wiltshirewildlife.org)

This site covers the work of the WWT including information on real nappies, composting, how to minimise your waste and tips on how to live a greener life including a smart shopping guide.



Cooking up leftovers not only saves us money but can help us all cut back on the amount of food we throw away. Try your hand at these recipes from Wiltshire or visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for more ideas.

Jane Scott, Wiltshire County Council leader

I make this soup on a Saturday morning before the weekly shop using all the leftover vegetables.

## *Saturday Morning Soup*

### INGREDIENTS

4 carrots, 4 sticks of celery, beans, courgettes, peas, cabbage, cauliflower, broccoli etc, 2 pints vegetable stock, 1 tbs of tomato puree, tin chopped tomatoes (or fresh if you need to use them up), tin of kidney beans or other beans, handful of small pasta and salt & pepper

### METHOD

- Chop onions, carrots and celery and soften in a small amount of oil. Add tomatoes, tomato puree and stock. Bring to boil and simmer for 30 - 40 mins. Add softer vegetables (courgettes, beans, peas etc), pasta and beans. Season to taste and simmer for a further 15mins. If using cabbage then shred and add for the last 10mins. If the soup is too thick then add water as required.

Sue Cowell, Wiltshire Women's Institute

## *Bubble & Squeak*

Use any leftover potato (mashed, boiled or roasted), mix with any leftover vegetables, cabbage is especially good - equal quantities are best. Blend in food mixer (or use potato masher). Mix until a stiff consistency, not too "mushy." Form into cakes about 3" diameter and 3/4" thick. Heat oil (not olive) in a frying pan and fry, turning occasionally until brown on both sides. Serve with anything including cold meat, sausages, salad, fresh vegetables, fish - the choice is yours.

Peter Vaughan, Chef at The Healthy Life, Devizes

This is a brilliant way to simply use up those leftovers in the fridge - bits of pepper, a sad looking tomato, carrots or wilted spinach leaves.

## *South American Pulao*

### INGREDIENTS

200g of basmati rice, 500ml of vegetable stock, 255g tin of red kidney beans drained, 1 onion peeled and finely sliced, 100g of frozen peas, 2 courgettes diced (or use up any vegetables leftovers), 1 head of cauliflower cut into small florets, 1 tablespoon of chopped fresh coriander leaves, juice of half a lemon, 1 tablespoon of sunflower oil, 1 cinnamon stick, 4 cloves, 6 green cardamom pods (both spices crushed), 1 teaspoon of curry powder and a pinch of chilli powder or chopped fresh chilli if preferred.

### METHOD

- Leave the rice to soak in a bowl of cold water while you prepare the other ingredients.
- Heat a suitable saucepan on a moderate heat and add the sunflower oil. When slightly heated add all spices except the fresh coriander. Now add the sliced onions and sweat for 1 minute. Add the peas, cauliflower and courgettes. Continue to cook gently for a further 2 minutes, stirring occasionally.
- Drain the rice and add to the pan, along with the kidney beans and stock. Turn up the heat and bring the Pulao to the boil. Then turn down the heat to low and cover with a lid. Leave to cook until all the water has been absorbed and the rice is cooked through, approx 10 minutes. Once ready, adjust the seasoning with salt if desired and add the lemon juice. Serve in a suitable warm bowl with fresh coriander sprinkled over the top.

 **recycle**  
for Wiltshire

**In the UK,  
we throw  
away a third  
of the food  
we buy**

*Sad,  
isn't it?*

 **LOVE  
FOOD  
hate waste**

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