

# HOW TO USE FREQUENTLY WASTED FOOD



## Vegetables

Use them to make soup, when you make your own you can add as many vegetables as you like

Add finely chopped veg to other meals such as pasta sauces

## Overripe Fruit

Blend with milk, yoghurt or fruit juice to make a smoothie

Add to a casserole to add a naturally sweet flavour

## Potatoes

Make a potato topped pie or Spanish omelette

Mash with other root vegetables

## Bread

Make breadcrumbs for chicken/fish

If you have a loaf starting to dry out, sprinkle on some water and bake it in the oven for a couple of minutes

## Top Tips

- Keep a supply of tinned fruit and vegetables
- Set your fridge at the correct temperature (0-5°) to avoid food going off unnecessarily
- Keep an eye on portion sizes, try not to cook more than you need unless batch cooking. Measure out pasta/rice before cooking rather than guessing