

**SMALL
CHANGE
BIG
DIFFERENCE**



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BIG DIFFERENCE**

www.smallchangebigdifference.london

FOOD MATTERS

**It keeps us alive, healthy and happy;
brings us together with family and friends
and keeps our city buzzing.**

But food is also fleeting, functional and throw-away.

According to current research, London households throw away 910,000 tonnes of food each year, over half of which could have been eaten before ending up in the bin. If we change the way we shop, prepare, store, eat and dispose of food we could be saving some serious money, up to £70 a month for some families.

The Small Change Big Difference campaign wants to help us eat more things that are good for the environment and our bodies, to stop us wasting money by throwing good food away, and to inspire us to turn what we can't eat into electricity or compost, just by recycling it.



BUY WHAT YOU NEED, EAT WHAT YOU BUY

It's easy for food in your fridge to become a burden. The "use by" date looms and before you know it you're throwing it out, unused and unloved.

But a few simple changes can help. Why not swap some of your fresh fruit and veg for **frozen** or **canned**? They're rich in nutrients and last much longer. Or freeze those last slices of bread and use them later for toast or garlicky croutons. It's not stale bread, it's cooking bread.

Throwing away spoiled food is a waste of all the hard work and money that's gone into farming and transporting it – so here are some tips to help you get the most from your food shop.



SHOPPING & PLANNING

A little bit of thoughtful planning ahead goes a long way.

Check what you already have in stock, keep a list of what you need, and stick to it. Do what works for you – memos on the fridge, the back of an envelope, an app on your phone.

If you're in a rush, take a photo of what's on the shelf before heading out on a shopping trip.

A well-stocked store cupboard is your best friend.

Condiments, oils and vinegars, tinned and dried goods... These staple ingredients have a long shelf-life and make easy work of rustling up tasty meals.

Busy week ahead? Pack up leftovers and take them with you for when you're out and about.

Going on holiday? Leftover slices of bread can be frozen ready for making toast on your return, as can a pint of milk for a cuppa.

Plan your meals around using up food that won't keep, or if you've not got time to munch your way through everything gift it to friends or neighbours.

Sharing is caring.

DATE LABELS

**Date labels on food can be confusing.
Here's what you need to know to stay safe...**

USE BY:

15 MAY 18

These dates refer to safety. Food can be eaten up to the end of this date but not after.

IF IT'S GETTING CLOSE TO THE DATE...

Freeze it before the date and consume within 24 hours after defrosting.

BEST BEFORE

31 DEC 18

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best.

DISPLAY UNTIL:

31 DEC 18

You can ignore these dates – they are for shop staff, not shoppers.

STORAGE

Where and how we keep the food we buy can make a big difference to how long it lasts. Here are our top storage tips for maximising the shelf-life of your food.



Did you

You can also freeze double cream, yoghurt, milk and grated

PRACTICE FIFO (FIRST IN, FIRST OUT)

- Rotate the food in your fridge and cupboards so that older stock comes forward.

KEEP IT CHILL

- Set the fridge to the right temperature between 1 and 5°C.
- Store food in the right places in the fridge – it's colder on the bottom shelf so that's where you should keep meat and dairy.
- Storing fruit in the fridge is best (except bananas).

FREEZE IT

- Did you know you can freeze eggs? Just crack the egg and either separate or whisk together before freezing.
- Freeze with portion sizes in mind so that you only defrost what you need, and add labels for easy identification.
- Peel and prepare onions, garlic, chilli, etc. in bulk and freeze. When needed, just take out as much as you need.

SEAL IT

- Use a clip or peg to seal up opened bags, or transfer the goods into containers.



USE YOUR LOAF

- 2.6 million slices of bread get binned in our city every day. Crumbs! Keep it in a cool dark place or in the freezer for a longer lasting loaf, but never the fridge.

REFRESHER

Handy hints for keeping fruit and veg fresher for longer.

Keep bananas separate to avoid ripening other fruit

Store loose mushrooms in a paper bag in the fridge

Store tomatoes on the worktop to ripen and develop flavour, then transfer to the fridge

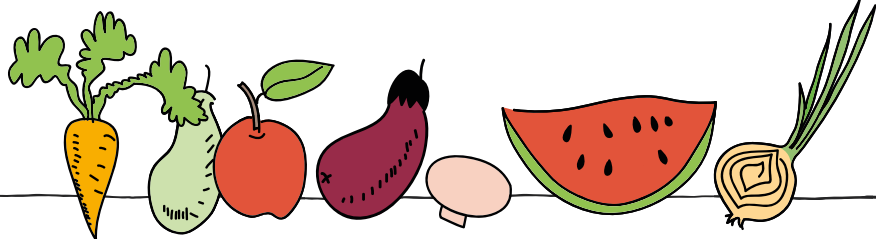
Pop a paper towel in salad bags to help absorb excess moisture

Keep onions and garlic in a cool dark place

Stalky greens can be revived like cut flowers; just trim the bottoms and stand in cold water to freshen them up

Store potatoes away from strong smelling foods like onions and in a cool, dark and airy place

Put soft carrots and cucumbers in a glass of water in the fridge – they'll perk up in no time



GOOD FOR YOU

GOOD FOR THE PLANET

Beans, pulses, fruit and vegetables aren't just packed full of the nutrients we need, they're good for the planet too.

These lean, green foods require less intensive farming to produce, generally have a lower water footprint than animal products and keep our hearts ticking over.

In particular, beans and pulses are full of low-fat protein as well as fibre, vitamins and minerals and serve as an excellent substitute for meat whilst also helping our money stretch further.

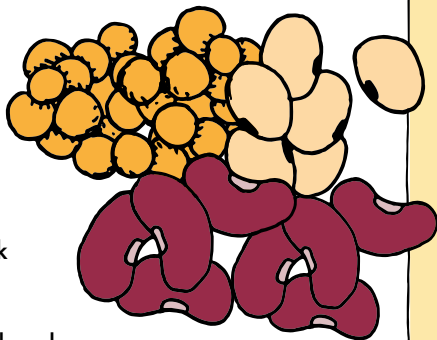
Eating healthier foods gives us a double-whammy – like going to the gym and taking out the recycling at the same time. Whether it's bulking up our food with veg and pulses, or doing meat-free Mondays – everybody wins.



WHAT FOODS ARE GOOD FOR YOU AND GOOD FOR THE PLANET?

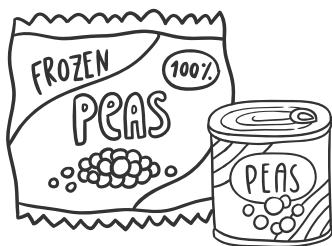
BEANS AND PULSES

- Are low-cost and can be stored for a long time both canned and dried – a win for both your pocket and the planet.
- Use them as a substitute for meat or to bulk out your meals.
- Tinned varieties have already been soaked and cooked, so you only need to heat them up or add them straight to salads if you're using them cold.



FRUIT AND VEG

- Don't always have to be fresh – frozen and tinned generally contain the same amount of essential nutrients.
- Check the labels on tins and choose varieties that are as close to their natural state as possible, without added sugar and salt.



Did you know you can use beans in cold foods too?

Try blitzing them in with home-made hummus to make a bean dip or toss in salads for an added protein hit.

ENVIRONMENTAL COST OF FOOD

LAND

It takes a land mass larger than China to grow the world's food each year that is ultimately never eaten¹.

WATER²

100 buckets of water to produce one loaf of bread

54 buckets of water to rear one chicken breast

6 buckets of water to grow one potato

1 bucket of water to grow one tomato

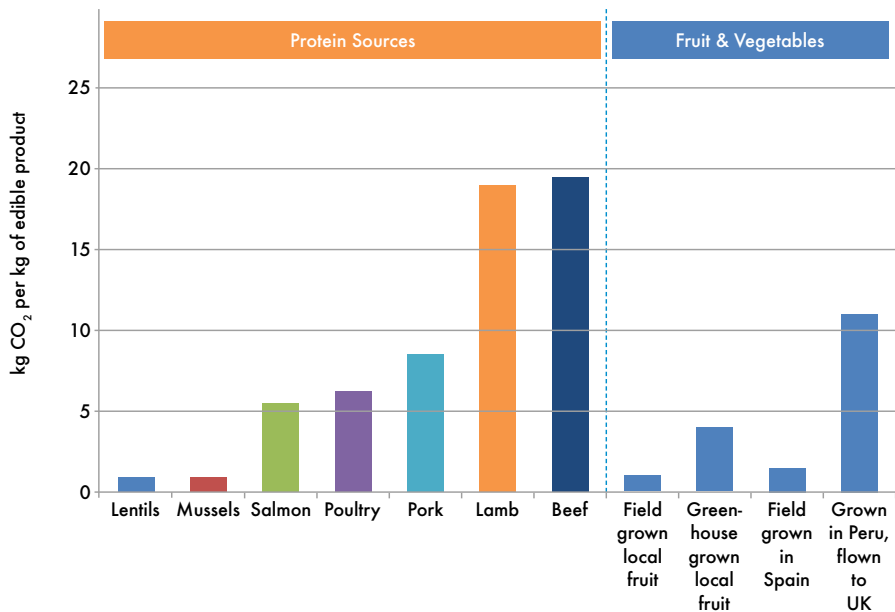
ENERGY

When we throw away food we also waste all the energy that went in to cultivating, processing, packing and bringing the food to our tables.

1. Source: <https://olioex.com/food-waste/the-problem-of-food-waste/>

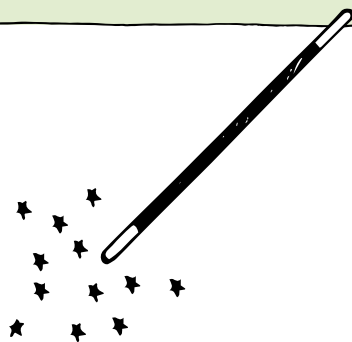
2. Source: <https://insinkerator.emerson.com/resource/blob/18040-matt-f-uk-eu-foot-waste-v6-data-5124912.png>

CARBON FOOTPRINT OF DIFFERENT FOODS



COOKING TIPS:

- Get into magician mode with root to stem cooking. The bits that often get thrown away like broccoli stems are packed with nutrients and taste great too.
- Try leaving the peel on or finely slicing stalks and stems to add to stocks, stir fries, soups and pestos.
- Peel ginger with the edge of a spoon – great for getting into the nooks and crannies without losing any of its aromatic goodness.
- Adapt your favourite dinners by varying up the veg and throwing in seasonal ingredients; try adding grated courgette to pasta sauce in the summer, or some finely chopped leek in the winter.



How to make simple dressings for salads and vegetables

Save your jam jars for making dressings – you can shake them up easily and any leftovers can be kept in the jars in the fridge.

Generally, the ratio of 3 parts oil to 1 part acid (vinegar or lemon) is a good rule of thumb for any dressing. You can then experiment with different flavour combinations.



LOVE YOUR LEFTOVERS

**Is there life left yet in your leftovers?
Get creative with these top tips....**

STALE BREAD

To freshen up a stale loaf, sprinkle with cold water, give it a good shake and pop in a hot oven for a few minutes. You can also blitz it up into breadcrumbs and freeze for use in numerous recipes.

COOKED RICE & PASTA

Cool cooked rice as quickly as possible, ideally within one hour. Cover and keep in the fridge for no longer than one day before reheating and ensure the rice is piping hot before serving.

Cooked rice and pasta can also be frozen once cooled.

VEG

Turn unloved, leftover veg into a nutritious soup by adding some stock and any other ingredients you fancy (cheese, herbs, pesto). You could also add leftover pasta, rice or pulses.

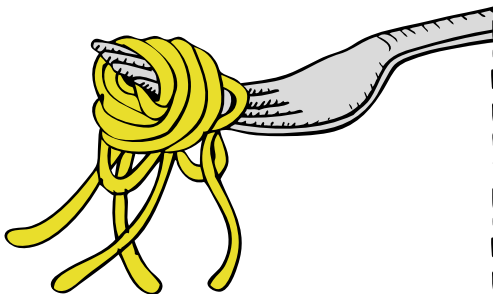
FRUIT

Freeze berries and fruits such as apples, pears and plums to mix into smoothies, yoghurts and desserts or add to breakfast cereal.

Peel, slice and freeze over-ripe bananas then blitz into a smoothie, or add a touch of milk to make quick banana ice cream.

FLAVOUR CUBES

Use ice-cube trays to freeze leftover stock, juice, milk, pesto, herbs (chop and top up with water or oil), tomato paste, coffee, tea, or wine... once solid, the cubes can be transferred to a sealed freezer bag for safekeeping.

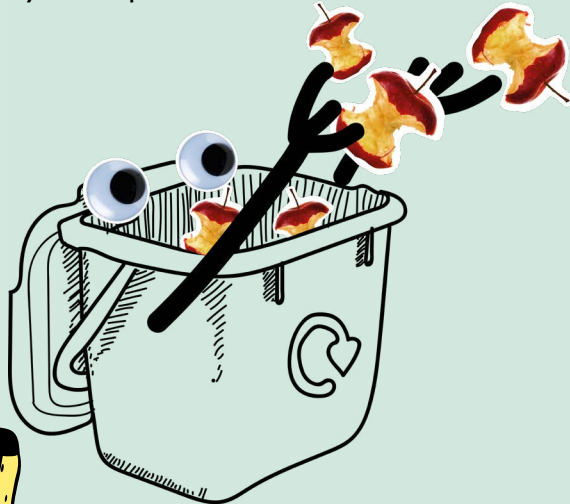
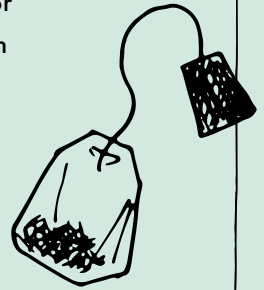


FOOD RECYCLING? MAKE IT YOUR NORM

Food you chuck out with your general waste doesn't harmlessly go back into the ground.

It's either burned, which has an impact on the environment, or it goes to landfill where it rots and creates harmful gases such as methane. But if you put it in your food caddy instead it's composted or turned into electricity.

Recycling food is as important as any other type of recycling, so whether its tea bags, potato peelings or banana skins, every last bit of unavoidable food waste belongs in your caddy or compost.



BENEFITS OF RECYCLING

60 % of food that Londoners discard (540,000 tonnes) is considered 'avoidable' food waste – i.e. perfectly good food that could have been eaten.

However, some food waste is inevitable – egg shells and tea bags are never going to make it on the menu. The good news is that we don't have to put this food waste into the rubbish bin.

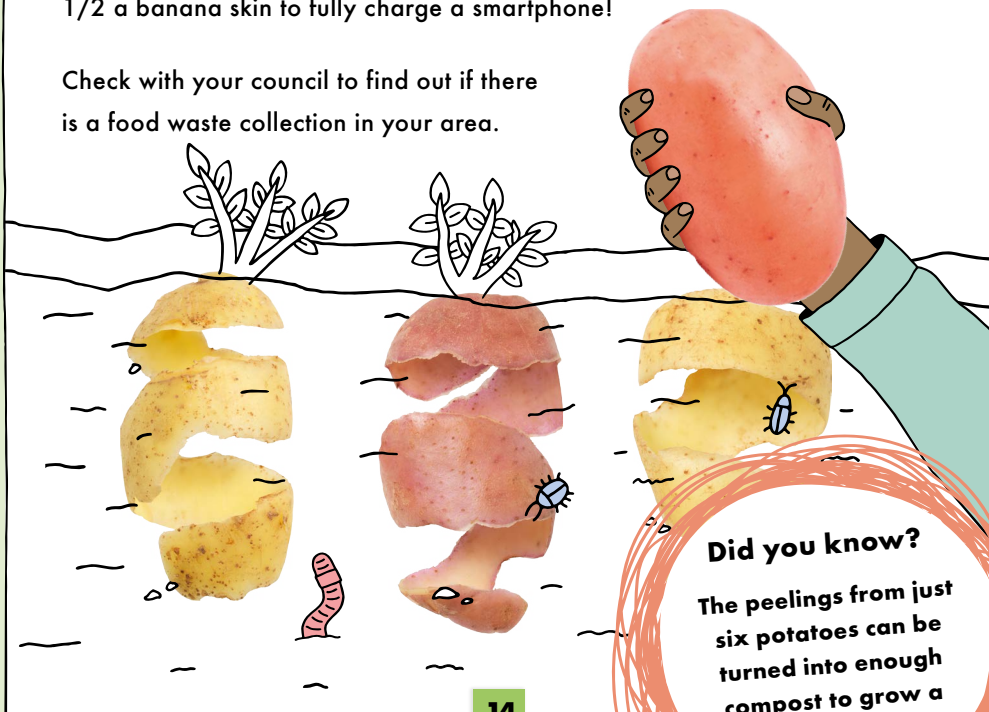
If you live in an area that has a local food waste recycling collection service, you can use this to dispose of anything you can't eat or compost at home. It can be recycled into a good quality soil improver or fertiliser and even generate electricity that can be fed back into the national grid. It takes just 1/2 a banana skin to fully charge a smartphone!

Check with your council to find out if there is a food waste collection in your area.

Did you know?

Recycling just 6 teabags creates enough energy to boil the kettle to make another cuppa.

Anyone for tea?



Did you know?

The peelings from just six potatoes can be turned into enough compost to grow a brand new potato

WHAT FOODS CAN YOU RECYCLE?

Some councils vary on what you can and can't put in your food waste caddy, but here's a general guide.



- Plate scrapings
- Cheese and eggs
- Bread and pastries
- Fruit and veg
- Meat Bones
- Tea bags
- Coffee grounds
- Egg shells



- Oil
- Liquids
- Fats
- Packaging



Please check with your local council for further information.

How can I find out if my borough offers food recycling?

Visit your local authority website OR

Visit the website: www.recyclenow.com

Hungry for more?

For more great recipes, tips and tricks from the Small Change Big Difference campaign, go to www.smallchangebigdifference.london

