

Reducing your food waste

All you need to know!

Reducing your food waste is easier
than you think and will bring you more
benefits than you think too!



There are lots of benefits to reducing food waste



Save money

Food waste costs the average Irish household about €60 per month, you could save this money



Feel more organized

Learn lots of tips on how to make the most of the food you have and feel more in control in the kitchen



Contribute to climate action

10% of greenhouse gas emissions come from food waste so reducing food waste can really help make a difference

So what are the simple steps to take?

1. Take the Stop Food Waste challenge – find out what food you waste the most and why

2. Shop Smarter – plan your shopping to buy just what you need

3. Store Better – store food better to make it last longer

4. Cook Smarter – plan your meals and portion sizes

5. Love your Leftovers – save time and money by using leftovers for tasty future meals



Step 1: Take the Stop Food Waste Challenge!



1.

Record the food that goes in your food bin for one week to see what types of food you waste most



2.

Write it down or take photos/videos



3.

By identifying what food you waste the most, you'll see where you need to start taking action!



4.

Think about the reasons why the food was wasted and learn our tips to reduce it

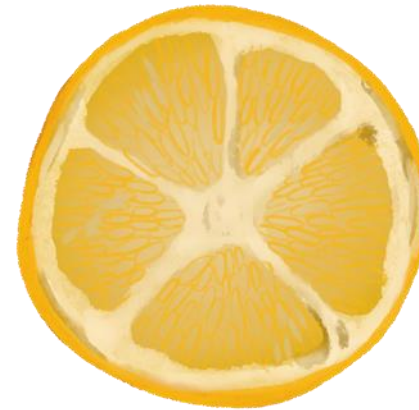
What foods do people waste the most in Ireland?



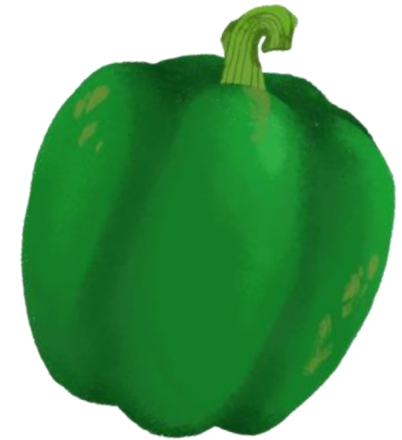
LEFTOVERS



BREAD



FRUIT



VEGETABLES

Were any of these the food you wasted the most too?

Source: EPA National Food Waste Attitudes Survey, 2022

Some of the main the reasons people waste food

“I bought too much, it was on special, but I didn’t use it all in the end”

“It went past the use by date before I remembered to use it”

“I made the dinner for the whole family but then not everyone was there”

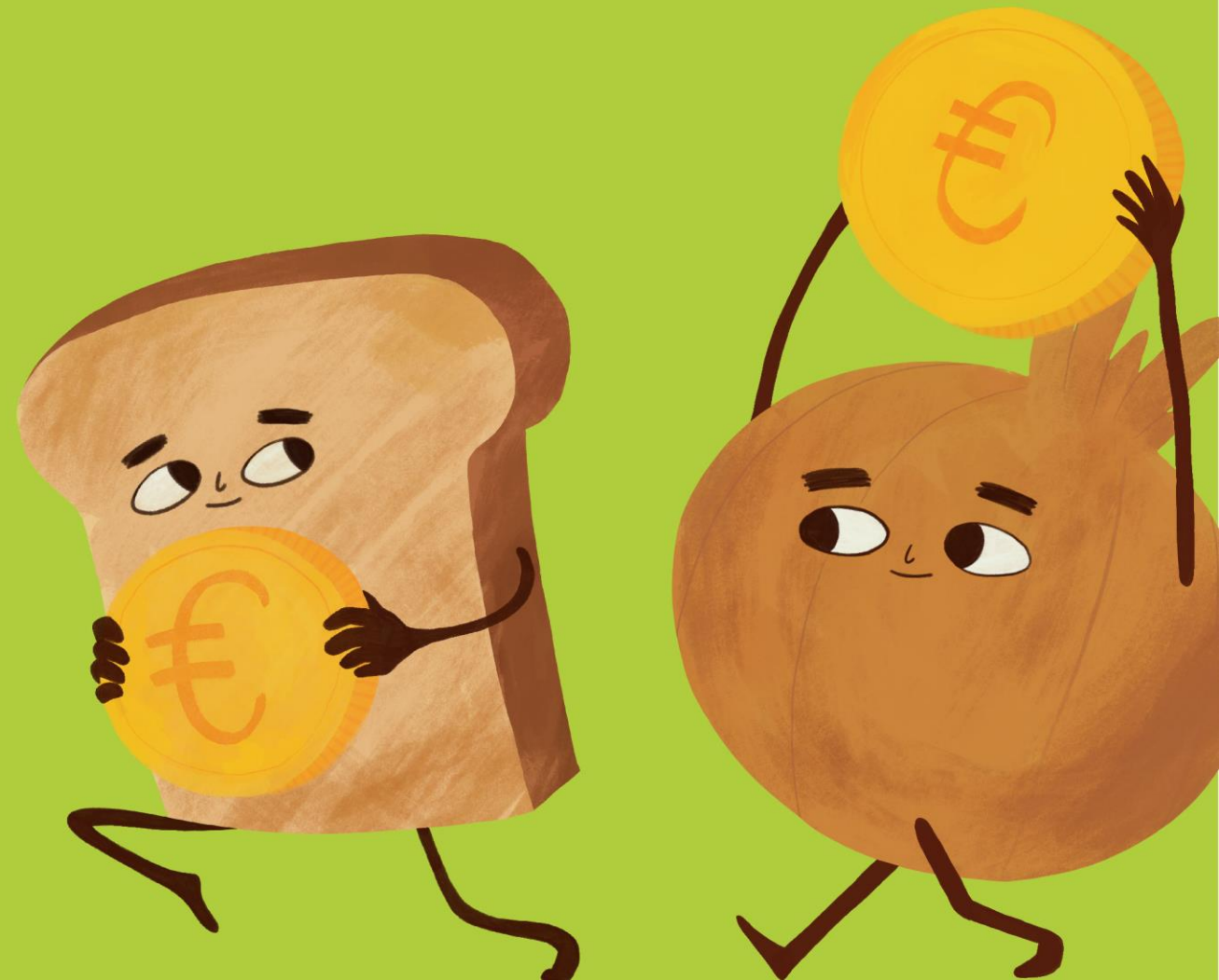
“I put the leftovers in the fridge but then forgot about them!”

“I forgot I could have popped it in the freezer to use another time”

Do any of these sound familiar? The good news is there are simple steps to prevent these situations happening and reduce your food waste!

Tips for reducing food waste:

- Shopping
- Storage
- Cooking
- Leftovers



Step 2: Shop Smarter – Plan your Shop

- **Make a meal plan** - by knowing what you need to buy for at least some meals, you'll shop more efficiently and feel more organised!
- **Check what you already have** - see what you have already on your shelves, fridge and freezer before you go shopping, don't buy it twice!
- **Create a shopping list that suits you** - write down what you need or take notes on your phone.



Step 2: Shop Smarter - In-store and Online

In-store

- **Stick to your plan** - try not to be tempted by special offers that you probably don't need.
- **Don't shop when you're hungry** - hunger can make you buy things you don't need!
- **Check the date on fresh food** - choose items with the longest dates.

Online

- **Add to your online order as you go** - add to your order as you run out of food items.
- **Check previous orders** - to see what you've used up and what you haven't.
- **Book your slot ahead of time** - to make sure you get one that fits with your schedule.



Step 3: Store Better - Fridge and Freezer

Fridge

- **Get the temperature right** - keep the fridge at 5°C or below for optimum storage.
- **Make sure you can see your leftovers** - store in clear plastic containers so you can easily see what's there and make a plan to use them!
- **Create a 'use next' spot** - group items approaching their use-by dates together to remind you to use them first.

Freezer

- **Use your freezer as a pause button** - if plans change, you can freeze the food you didn't use. Almost all foods can be frozen, check our A-Z guide online for tips on freezing different foods.
- **Label cooked foods** - so you know what it is, when you put it in and how long you have to use it.



Step 3: Store Better - Cupboard Tips and Food dates

Store cupboard

- **Keep track of what you have** - check what food you have regularly to remind you to use what's there already and reduce overbuying.
- **Use older items first** - when unpacking the shopping, put new items to the back and move older ones forward so they're eaten first.

Know your dates

- **Use-by dates are about safety** - you can use or freeze food right up until the use-by date but not after it.
- **Best before dates are about quality, not safety** - so use your judgement! even if the best before date has past, does it look, smell and taste alright? then it's still OK to eat!



Step 4: Cook Smarter

Make the most of what you have

- **Base meals on ingredients you already have** - use your fresh ingredients as the starting point for recipes.
- **Be flexible** - if you don't have a specific ingredient, try substituting something else.
- **Get creative** - look online for recipes that combine the ingredients you have!

Perfect your portions

- **Measure out the portions you'll need for your meal** - this is especially useful for carbs such as pasta and rice. Use cups, spoons or a scales, whatever works best for you. Most food packaging tells you what a recommended portion is in weight.
- **Serve food in bowls and platters** - let everyone chose the amount they want to eat themselves.



Step 5: Love your Leftovers

- **Don't let them sit on the counter for too long** - once they cool down, put leftovers in the fridge in clear containers.
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- **Turn dinner into lunch** - last night's dinner can make a very handy and tasty lunch the next day.
- **Bulk up leftovers for another meal** - think about what you could add to give them a new lease of life.
- **Have a leftovers night** - if you have lots of leftover food, have a leftovers dinner one night a week.
- **You can freeze leftovers** - freezing is a great option if your plans change, remember to label clearly and plan to use them soon!





meal plan

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

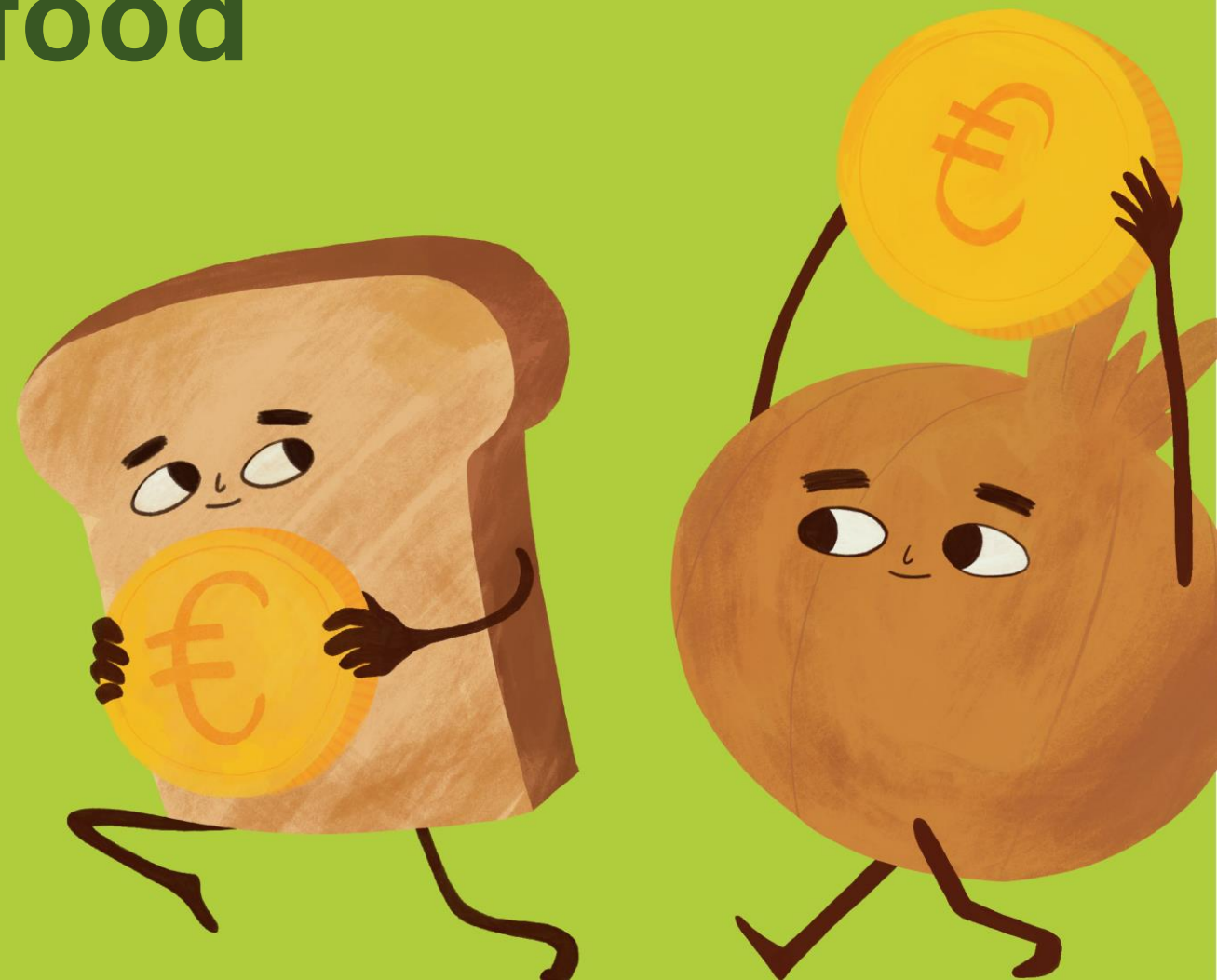
Now you can take action to reduce your food waste!

Follow us @stopfoodwaste on Instagram
and Facebook for more great tips
Or log onto www.stopfoodwaste.ie

Every day is a good day to stop wasting food!

Tips for reducing food waste:

in each of the top food groups



Tips for reducing your bread waste

Buying

- Think about how much bread you need before going shopping , don't buy too much.
- Check the best before date on bread to make sure you're buying the freshest available.

Storing

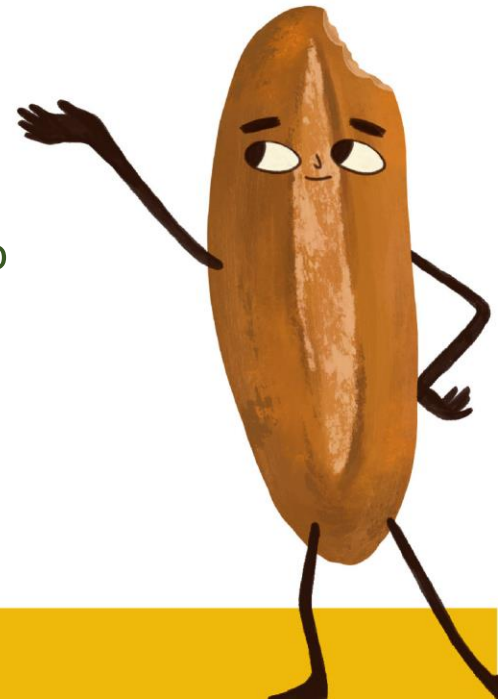
- Bread is best stored in a bread bin or paper bag (not plastic) at room temperature. This allows for air circulation but prevents it from drying out too fast.
- Check your bread regularly so you don't forget what you have!

Using up

- There are lots of ways to use up bread such as breadcrumbs, croutons , french toast, bread & butter pudding.
- Sprinkle stale baguettes with water and place in the oven at ~160°C for a few minutes to refresh.

Freezing

- Bread will last in the freezer for up to 3 months well wrapped or placed in a freezer bag.
- Frozen bread slices can be put straight into the toaster!



Tips for reducing your veggie waste

Buying

- Know the veggies you plan to eat and only buy the amount you need.
- Consider choosing frozen instead of fresh for veggies you use less often, it's great for adding just what you need to cooking.

Storing

- Store root vegetables such as spuds in a cool, dark, dry spot such as a cupboard.
- Store green leafy vegetables in the bottom drawer of the fridge.

Using up

- Limp veggies or those passed their Best Before Date are often ok to eat, use your own judgement!
- Soups , stir-frys and fritters are great ways to use up extra veg.

Freezing

- Freeze veggies in air-tight containers or freezer bags and force out as much air as possible.
- Now you've gone to the trouble of freezing your leftovers, don't forget to use them up!



Tips for reducing your fruit waste

Buying

- Think about how much fruit you will use and don't buy too much. Consider buying loose fruit if the packages seem too big.
- When buying packaged fruit, make sure to check all of the individual pieces before you choose.

Storing

- Some fruits like bananas, apples and pears produce ethylene gas which causes other fruits to ripen faster. Consider storing them separately.

Using up

- You can use fruit in savoury dishes too! Look for recipes online
- Almost any spare fruit can be used to make a crumble, you decide.

Freezing

- Freeze fruit in air-tight containers or freezer bags and force out as much air as possible.
- Now you've gone to the trouble of freezing your fruit, don't forget to use it up!



Make the most of your leftovers

Meal Planning

- Reduce the amount of unwanted leftovers by planning your portions. You can measure portions by count, by volume or by weight.
- Create leftovers purposefully – when you're planning meals, think about what the extras can become. For example, cook some extra pasta to use in a salad for lunch the next day.

Storing

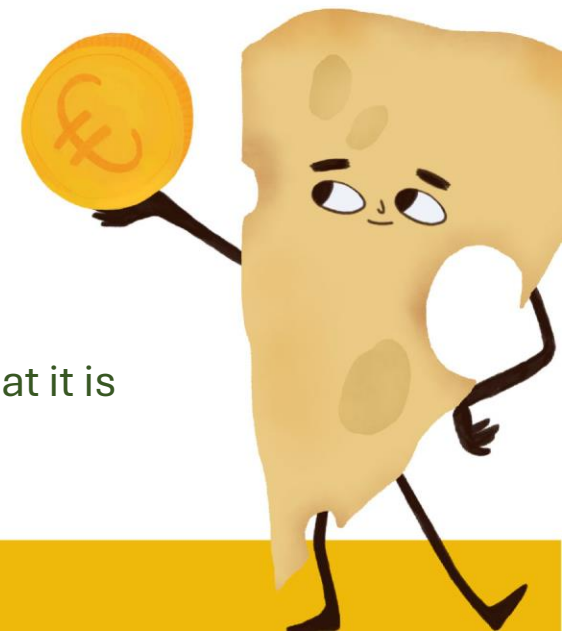
- Don't let leftovers sit on the counter for too long, once they cool down, put them in the fridge.
- Use clear containers to store leftovers in the fridge so you can easily see what you have and don't forget about them.

Using up

- Turn dinner into lunch - put a leftover portion of dinner in a container and pack it for lunch the next day.
- Pick 3 favourite basic recipes to use for random leftovers – soups, omelettes, stir frys, curries are good ones to try.

Freezing

- Most leftovers can be frozen once cooled down to use another time. Pop a label on it to say what it is and when you froze it.
- Now you've gone to the trouble of freezing your leftovers, don't forget to use them up!





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