

L is for Leftovers

Reducing food waste is one of the most important things we can all do to be more sustainable.

The three most commonly wasted foods in households are:

POTATOES

Millions of potatoes hit the bin every day in the UK. keep your potatoes in a cool dark place and cut off the eyes if they start to sprout. Potatoes that are going soft can either be added to soups or boiled up and mashed and then frozen.

BREAD

Millions of slices of bread are chucked away daily. If you find yours gets mouldy before you get through it, keep it in the freezer and take out slices as you need them. Whiz up stale bread in a food processor to make breadcrumbs and then store them in the freezer ready to use as toppings.

MILK

Millions of gallons of milk are poured down the drains in the UK. Milk in plastic (recyclable) bottles can be stored in the freezer and defrosted when needed. If you are going on holiday freeze your left over milk rather than pouring it away.

OTHER ITEMS

Milk, cheese, butter, eggs (but not in their shells), avocados and hummus can all be frozen.

Rustle up some banana bread from ripe bananas, whiz up a smoothie from tired looking fruit in the fruit bowl or make soup from the limp veg in the fridge.

Buy less - but try buying better.

Use every scrap.

Use up any left overs from a Sunday roast. Try serving cold in sandwiches, make a risotto or curry, cut up and freeze to make more meals at another time.

Buy British

Buy British milk, meat and cheese. Not only will the food miles be less but our farm welfare standards are generally higher than some other parts of the world.

Go Free Range

This applies for meat as well as eggs. Outdoor reared meat is generally farmed much less intensively, reducing carbon emissions and generally meaning the animals have a more pleasant life.

Next month we are doing another L - L is for Litter. We hope residents will come out and support a litter pick with us. Date to be announced in the next issue - watch this space.