FIGHT AGAINST FOOD WASTE

A handy recipe booklet to help you fight food waste at home.

Updated 2026









west sussex county council

West Sussex recycles

UKHARVEST

Nourishing Our Nation

www.ukharvest.org.uk
Registered Charity Number 1171916

HELLO AND WELCOME



We are so glad that you've received this booklet! Throughout you will find tips, hints and tricks from our food education programme, NOURISHed, to fight food waste at home along with some delicious food waste friendly recipes for you to try out!

This resource has been supported by West Sussex Recycles who are keen to support communities across the county to reduce their food waste and combat climate change. We are so grateful to West Sussex Recycles for making all of this possible.

"Reducing food waste is one of the simplest ways we can all make a positive difference for both our environment and our communities. Every year millions of tons of good food is wasted in the UK, while more and more households are looking for ways to make their food budgets stretch further.

"That's why we're proud to support UKHarvest and the fantastic work they do helping residents save money, reduce waste and make the most of the food we buy. I hope this booklet inspires you with practical ideas, helpful tips and delicious recipes to try at home."

Natasha Davie, Cabinet Member for Environment and Climate Change



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WEST SUSSEX COUNTY COUNCIL AND UKHARVEST PARTNERSHIP





UKHarvest is a not-for-profit environmental charity whose mission is to eliminate hunger and food waste. We enrich our communities by redistributing quality excess food to those in need.

In a bid to tackle food waste, West Sussex County Council is once again teaming up with Sussex based food rescue charity UKHarvest, to run Community Food Hubs and provide education on food waste prevention.

Since October 2022, UKHarvest has worked in partnership with West Sussex County Council to encourage people to take advantage of surplus food rescue services, which in turn works to reduce the amount of edible food that ends up in people's household bins.

INTRODUCTION TO FOOD WASTE

The average family of 4 can save £80 a month by reducing their food waste.

source: www.wrap.ngo/uk

40% of the average West Sussex rubbish bin is food waste.

source: www.westsussex.gov.uk

A staggering 27.7% of this is edible food and could have been eaten!

source: www.westsussex.gov.uk

FOR TIPS ON HOW TO REDUCE YOUR FOOD WASTE VISIT WSCC ADVICE PAGES

HOW TO SAVE SOME OF BRITAIN'S MOST WASTED FOODS



2.9 million potatoes are wasted everyday! This is the equivalent of wasting 5O% of all potatoes bought.

Our waste prevention tips:

- Don't store with onions! If they start sprouting, remove the sprouts and use the potatoes as normal.
- Parboil or mash then freeze.
- All the nutrients, fibre and flavour is in the skin - don't peel them but be sure to clean them thoroughly.

Quick & Easy Recipe - Potato Peel Chips:
If you can't resist peeling, don't throw the peels away!

1. Place peels from 1kg bag of potatoes in a bowl with 1 tbsp of oil (any), a quarter tsp of salt and a quarter tsp of paprika or any seasoning of your choice.
2. Mix and spread out on a baking tray. Bake at 180°C for 10 - 12 minutes until crispy.

2O million slices of bread are wasted each day!



Why not try?

- Making bread recipes. (breadcrumbs, croutons, bread pudding, French toast)
- Freezing, to extend its life.
- If stale, sprinkle with water and pop in a warm oven for 2 - 3 mins.

Quick & Easy Recipe - French Toast:
Perfect for using stale bread as fresh bread will fall apart.

1. To make 4 slices, crack 2 eggs in a bowl with 3 tbsp of milk, whisk together.
2. Coat each slice of bread in the mixture on both sides then fry over medium heat until golden brown.



1 million bananas are wasted daily in British households.

Our top tips:

- Firstly separate from each other for storage.
- As they start to turn speckled and brown...you guessed it - FREEZE THEM!
- If they turn completely black, even better, as this is ideal for making many banana recipes.
- Check out some of our fantastic banana skin recipes!

Quick & Easy Recipes ideas:

1. Frozen banana and peanut butter smoothie.
2. Banana muffins.
3. Banana skin cake.

Save our milk from going down the drain!



"I recently found out that you can use up milk that is on the turn. Sour milk is a great ingredient for making fluffy pancakes."
- Will, Policy and Advocacy Manager

"I like to pour milk into an ice cube tray, freeze it and then pop out a cube into my morning coffee. It's just the right amount and stops any being wasted. YES, you can freeze milk!"
-Jo, Communications and Fundraising Manager

Source: https://wrap.org.uk

MEAL PLANNING AND SMART SHOPPING

Our top food waste prevention tip is to meal plan!

It is not only good for the planet, but it is also good for your purse. Most households waste the equivalent of 8 meals a week, meal planning could save you money and avoid waste!

1. CHECK YOUR DIARY

Check your diary and plan for the meals you will definitely cook.

2. WHAT'S IN THE FRIDGE?

Check the fridge, even take a photo before you go shopping to avoid buying food you already have.

3. LOOK IN YOUR CUPBOARDS

Look in your cupboards and see what you already have. Make a list before you shop!

4. FIND RECIPES

Find new ideas for healthy and low cost meals, remembering the Eatwell Guide when planning nutritionally balanced meals. If you can, batch cook for the week ahead and make the most of storing and freezing.

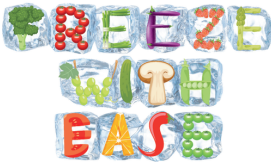
5. BE A SMART SHOPPER

Copy our template below to plan your meals.

MONDAY	FRIDAY	SHOPPING LIST
TUESDAY	SATURDAY	
WEDNESDAY	SUNDAY	
THURSDAY	NOTES	

MAKING THE MOST OF YOUR SHOP

FREEZE WITH EASE



- By freezing excess or nearly out of date food in the freezer, it will last longer. Did you know you can freeze eggs, yoghurts, milk and cheese?
- Check out www.freezeit.co.uk for advice on how to prepare, store and freeze hundreds of food items.

LOVE WONKY VEG



- Fruit and vegetables that are misshapen often get left behind, but they all taste equally delicious. Embrace their uniqueness! Check out the wonky veg bags at your local supermarket, the more wonky veg we buy, the more supermarkets will accept imperfect produce from our farms.

DITCH THE PEELER



- There is so much nutrition in the skins of carrots, potatoes and many other vegetables – don't peel them! Simply scrub and clean your vegetables and use everything – even the carrot tops in soups and salads.

LOVE YOUR LEFTOVERS



- Turn leftovers from meals into something different the next day. For example, roast chicken into quesadillas and roasted vegetables into a frittata.
- Use up what you already have before you go shopping. You can take leftovers for lunch, make soup from spare vegetables or banana bread from overripe bananas – get creative and love your leftovers!

TIPS TO FIGHT FOOD WASTE





BATCH COOK

- When planning meals, aim to cook a big pot of stew or soup, or make something in a slow cooker, even a whole chicken, then portion it up and freeze. This way, nothing is wasted, and can also provide a few meals.

WRITE A SHOPPING LIST

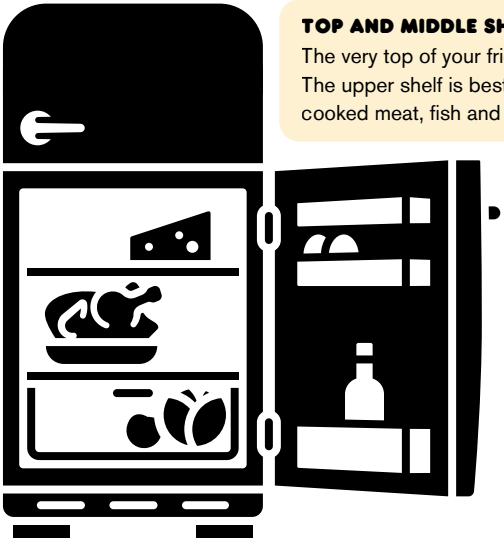
- Make a list of the required ingredients to buy at the supermarket. This makes sure you only buy what you need and avoid getting tempted by in-store offers.

SUBSTITUTE INGREDIENTS FOR WHAT YOU HAVE

- Use recipes as a guide and tool of inspiration. If the recipe is asking for kale but you have spinach, don't be afraid to swap them. You can't go wrong by swapping out things like leafy greens, starchy carbs or even spices – you never know, you might come up with something amazing!

STORAGE AND FOOD SAFETY

Storing your food in the correct place is important, especially within your fridge as it will help it stay fresher for longer. Your fridge should ideally be between 3 - 5 degrees Celsius. There is a temperature difference between the top and bottom shelves so knowing what to put where will make a difference:



TOP AND MIDDLE SHELVES

The very top of your fridge will always be slightly warmer than the bottom. The upper shelf is best for anything that doesn't need cooking. For example, cooked meat, fish and dairy products, such as cheese, butter and yoghurt.

DOORS

The warmest storage point of any fridge, they're best reserved for items with natural preservatives, like jams, chutneys, salad dressings and juices. Anything with high levels of vinegar, salt or sugar too (think items that only require refrigerating once opened).

BOTTOM SHELF

The coolest part, this where you keep raw foods like raw meat and fish. Keep items wrapped, in their original packaging or even on a plate to prevent any juices from dripping and help reduce the risk of cross-contamination with other foods.

BOTTOM DRAWERS

Best for ready-to-eat fruit and vegetables.

'EAT ME FIRST' SHELF

Having an 'eat me first' shelf or section in your fridge can work wonders for knowing what foods are nearing their use by dates and should be eaten soon.

Visit www.lovefoodhatewaste.com for tips on storing food.

BEST BEFORE AND USE BY DATES

Knowing the difference between best before and use by dates is really important for your safety and helping you reduce your food waste.

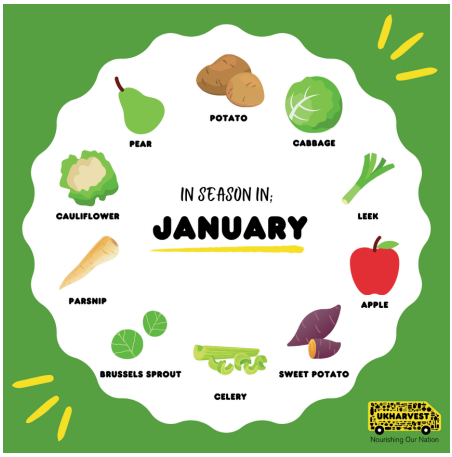
Use by dates are about safety. This is the most important date to be aware of. Foods can be eaten before the use by date, but not after.

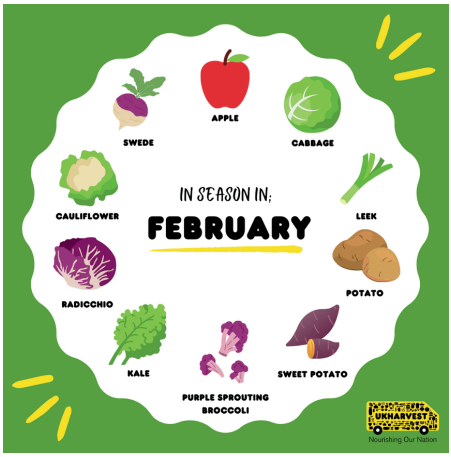
Best before dates are about quality. The food is fully safe to eat past this date, but it might be past its best. This means its texture, flavour or appearance might not be as good as it once was, but it is completely safe to eat. Use your senses, such as smell, to test!

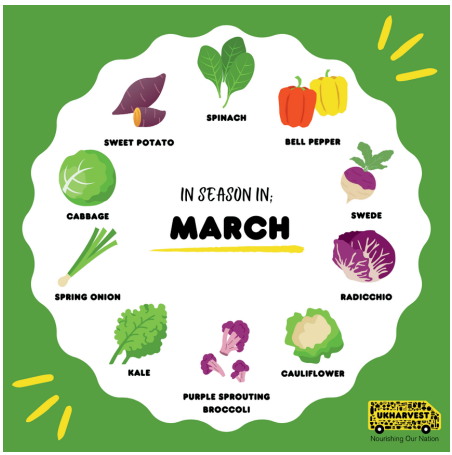
TOP TIP:

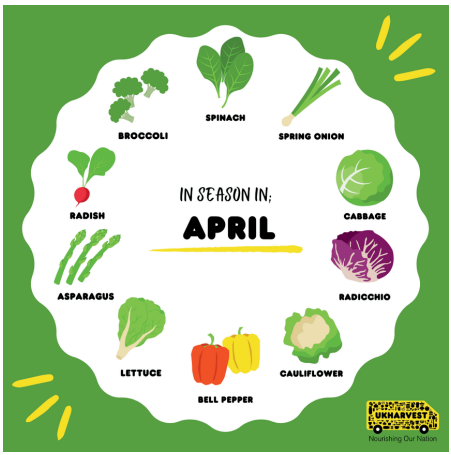
Freeze food on or before it's USE BY DATE to prolong the lifespan of the food for another 3 - 6 months.

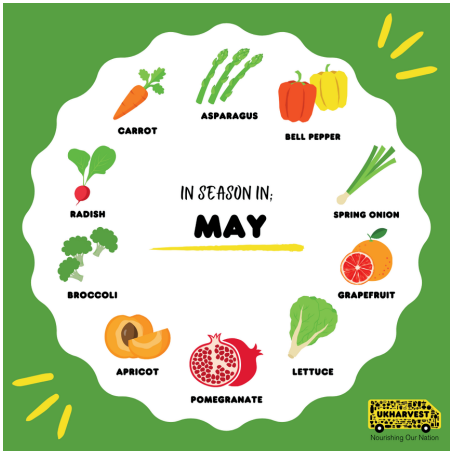
SEASONAL EATING

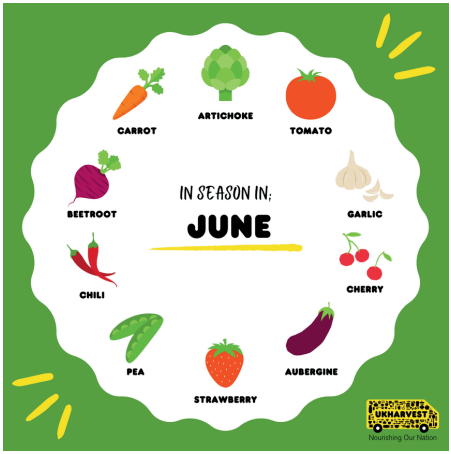




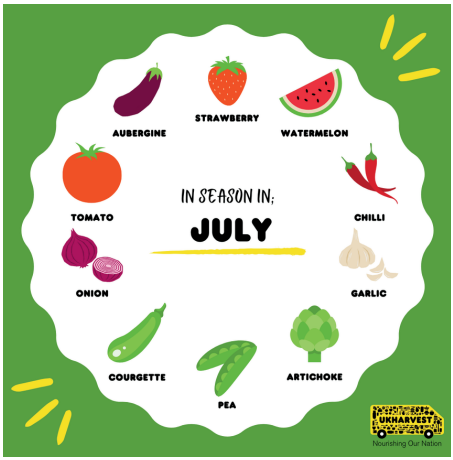








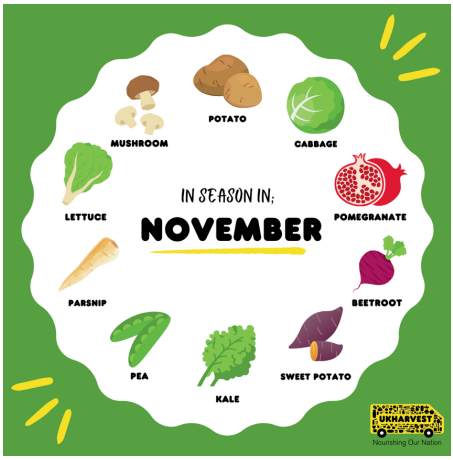
Much of the fresh produce in supermarkets is imported. Eating seasonally benefits your health, the environment, and your wallet, as local produce is often fresher and cheaper.













FOOD SAVVY RECIPES & COOKING TIPS

Find our flexible, easy and healthy recipes by following this link to our website or scan this QR code. All our recipes feature great ways of using up some of the most wasted foods in the UK. (source: WRAP Nov 2023)

BREAD

- Cheesy Veggie Bread Pudding
- Stale Bread Toastie
- Cinnamon Bread Sticks



TOMATOES

- Squishy Tomato Sauce
- Bruschetta
- Shakshuka



POTATOES

- Layered Potato Bake
- Gnocchi
- Veggie Pasties



MILK

- Fruity Rice Pudding
- Banana Pancakes
- Quiche



LETTUCE AND LEAFY GREENS

- Spring Green Spanakopita
- Pasta & Leafy Greens
- Spanish Spinach Omelette



BUTTERNUT SQUASH

- Roasted Butternut Squash
- Butternut Slaw
- Butternut Soup & Roti Bread





PEPPERS

- Stuffed Peppers
- Red Pepper Soup
- Ratatouille



TOP 10 FOOD WASTE TIPS

1. Plan your meals
2. Ditch the peeler
3. Write a shopping list
4. Batch cook
5. Love your wonky veg
6. Know your dates
7. Love your leftovers
8. Fill your freezer
9. Buy loose
10. Check your fridge temperature

SMART COOKING

WITH A FEW HABITS YOU CAN EAT WELL, WASTE LESS, AND KEEP MORE MONEY IN YOUR POCKET.



PRACTICAL MONEY-SAVING TIPS

- Use less energy per meal by matching appliances to the task
  e.g. Use microwave/air fryer instead of firing up the oven for small jobs.
- Cook in batches
  i.e. Cooking once for several meals spreads out the energy cost.
- Cover pots and pans
  Keeps heat in so food cooks faster with less energy.
- Turn down slightly early
  Many foods finish cooking with residual heat.

ADDITIONAL LINKS



PRIORITY SERVICES REGISTER FOR ENERGY & UTILITIES

The Priority Services Register (PSR) is a free UK-wide service provided by energy suppliers, network operators and water companies to offer extra support to people in vulnerable situations

COST OF LIVING SUPPORT WEST SUSSEX COUNTY COUNCIL

WSCC provides cost-of-living advice and access to help through its Cost of Living and Community Hub webpages

HOUSEHOLD SUPPORT FUND (HSF)

WSCC administers the Household Support Fund which helps vulnerable households with short-term crisis support for food, energy and essential bills

FOR MORE ENERGY SAVING TIPS AND POSSIBLE SUPPORT PLEASE VISIT WSCC ADVICE PAGES

FIND OUT MORE!

Scan the QR codes below

Community Food Hubs, recipes and more!

Food waste collections

What can I recycle?

NOURISHed®

Support UKHarvest by donating today!

Cook with us

THANK YOU FOR HELPING US TO FIGHT FOOD WASTE IN WEST SUSSEX!

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