



EAT WELL, SPEND LESS

A handy guide to help you fight food waste and save money at home.



Nourishing Our Nation

www.ukharvest.org.uk

HELLO AND WELCOME!

We are so glad that you've received this booklet! Throughout you will find tips, hints and tricks along with some delicious recipes to try out!

Alongside this, there is a library of information which you can access online, including videos and guides which will help you eat well for less. These resources have been supported by Tesco Community Grants, which fund projects within communities like yours: working for the greater benefit of those around them. We are so grateful to them for making all of this possible.



Yvonne Thomson
CEO and Founder



WHAT'S IN THIS BOOKLET?

Introduction and information on food waste	2
UK's most wasted food items	3
Meal planning and smart shopping	4
Making the most of your shop	5
Storage and food safety	6
Healthy eating	7
Our top 3 healthy eating on a budget tips	8
Food savvy recipes and cooking methods;	
- One pot dahl and tomato curry with roti bread	9
- Macaroni vegetable cheese	10
Find out more	See Back

INFORMATION ON UKHARVEST



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.

We help nurture those most food insecure to live well, age well and help combat social isolation, by providing education on how to reduce household food waste and eating healthily.



The Nourish Hub, operated by UKHarvest, is a community food hub and learning space in Hammersmith & Fulham, London. From the sociable nature of sharing food, to formal training opportunities, the Nourish Hub is a space for the whole community to come together, eat well, and learn essential skills for life.

INTRODUCTION TO FOOD WASTE AND WHY IT'S A PROBLEM

In the UK, our estimated food waste is around 9.5 million tonnes per year, which has a value of over £19 billion and can be associated with 36 million tonnes of greenhouse gas emissions. UKHarvest aims to reduce this number by rescuing good food destined for landfill and educating the community to fight food waste at home.



Household food waste makes up 70% of the UK post-farm-gate total. Almost three-quarters of this is food we could have eaten, weighing 4.5 million tonnes, enough to fill approximately 66,000 three-bed terraced houses.

A UK household wastes on average the equivalent of 8 meals a week. This is costing around £60 per month for the average family.



UK'S TOP 3 MOST WASTED FOOD ITEMS



Approximately 490 million pints of milk are wasted per year!

Why not try?

- Adding excess milk to smoothies.
- Making a cheese sauce. (view our Macaroni recipe on page 10)
- Freezing it in an ice cube tray.

Quick & Easy Recipe - Ricotta:

1. Slowly heat your milk until steaming.
2. Add 20ml of lemon juice per litre of milk and half a tsp of salt.
3. Remove from the heat and leave to stand for 10 minutes.
4. Strain through a fine mesh sieve, clean tea towel or muslin cheesecloth.
5. This will keep in the fridge for up to a week.



4.4 million potatoes are wasted everyday! This is the equivalent of wasting 50% 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.



20 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.

A few tips from the team!

Store your peels and vegetable offcuts in a bag in your freezer to make vegetable stock at a later date.

When you're ready, cover your frozen peels and offcuts with cold water, bring to a boil, reduce to a simmer for 30 minutes to 2 hours, strain out the vegetables and keep the liquid and that is your stock.

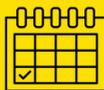
- Oli, Head Chef

Ditch the peeler and cook veg like potatoes, carrots and parsnips with their skins left on!

- Sarah, Donnington Hub Manager

MEAL PLANNING AND SMART SHOPPING

Meal planning is not only good for the planet but it is also good for your purse. Most family households waste the equivalent of 8 meals a week, this could save you a lot of money each month!



1 : CHECK YOUR DIARY

Plan for the week ahead by asking yourself the questions: How many meals are you planning to cook? How many people are you cooking for?

Be realistic – don't plan to cook every night if you know you are going to a friends, or plan to have a takeaway. Choose meals that are quick when you're short on time and save longer recipes for when you have more time.



2 : WHAT'S IN THE FRIDGE?

Take a look at what you already have in the fridge and what needs using up. Half a jar of pesto? Bendy carrots? Make a list as you go. Think about the items with a shorter life span, or that are close to the 'Use By Date'.

Visit the Tesco site for ideas: <https://realfood.tesco.com/reduce-food-waste.html>



3 : LOOK IN YOUR CUPBOARDS

Look in your cupboards and see what you already have. By this point, you might have some vague dinner ideas in mind. Jot these down too. If there are things in your cupboards that have been there for a while, try to incorporate them into a recipe, or find an interesting new dish.



4 : FIND RECIPES

Find new ideas for healthy and low cost meals based on what you have, food your family enjoys, and what fits in your budget. Try to remember the Eatwell Guide when planning balanced meals. Mix up new ideas with old favourites. Which recipes will have leftovers that you could eat on a busy weeknight? Think about scaling up quantities for a batch-cook-and-freeze to save you time at a later date.



5 : MAKE A SHOPPING LIST

Once you have your plan, go through each recipe's ingredients list to check if there's anything you don't have. Do you have other ingredients you could use instead? Try and keep an open mind when writing your list, you can swap out different types of veg or meat for things you may already have at home.

DOWNLOAD OUR MEAL PLANNER TEMPLATE!

<https://www.ukharvest.org.uk/getasset/HI5TR0>

MAKING THE MOST OF YOUR SHOP



FILL YOUR FREEZER

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

MAKE A SHOPPING LIST

- Plan your meals at home and take a list of the required ingredients to the supermarket, so that you only buy what you need.

LOVE WONKY VEG

- Fruit and vegetables that are misshapen often get left behind, but they all taste equally delicious. Embrace their uniqueness!

DITCH THE PEELER

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

LOVE YOUR 'NEXTOVERS'

- Turn meals into something different the next day for example roast chicken into quesadillas and roasted veg 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 SAVE

COMPARE SUPERMARKET PRICES

- You can check the prices of any food item on great comparison sites like <https://www.trolley.co.uk/> to find the best deal.

BULK BUY

- Don't always buy the cheapest option, check the cost per gram as often buying in large quantities works out cheaper, especially if it's a food you know you will get through like rice and pasta.

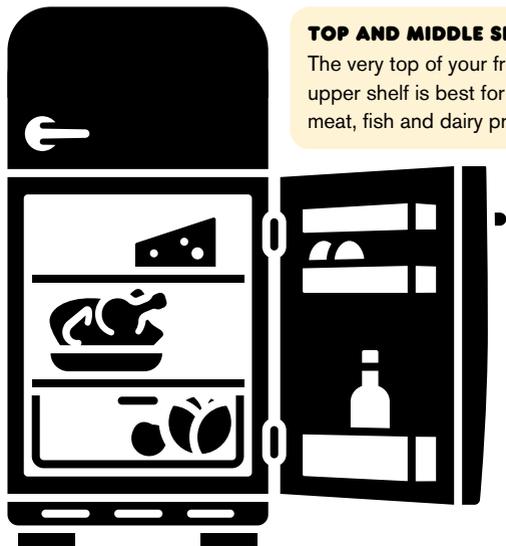
SUBSTITUTE INGREDIENTS FOR WHAT YOU HAVE

- 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 using one leafy green for another or a starchy carb for another or even mixing up the spices – 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 DRAWS

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 at a glance.

Visit the 'Love Food Hate Waste' website here: <https://www.lovefoodhatewaste.com/article/food-storage-a-z>

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.

HEALTHY EATING

There's no one-size-fits-all approach to building a balanced nutritious meal, it depends on your age, physical activity levels, weight, food preferences, hunger and the list goes on. However, there are some simple steps that you can take to ensure that the meals you prepare are healthy and meet your body's needs.



In the UK, the NHS Eatwell Guide shows what we should be eating and how much we should have from each food group to have a balanced diet.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Eating healthy doesn't have to be complicated or expensive. Our tips will show that even with a small budget you can make some cheap, tasty and healthy recipes with ingredients that are easily accessible and you may already have at home.

HOW TO BUILD A BALANCED MEAL

Fill half your plate with non-starchy vegetables and fruit

Fruit and vegetables are high in fibre, minerals and vitamins. Aim to have roughly 30 different vegetables and spices across the week to maximise the variety of nutrients you are having! Any veggies that are not potatoes, cassava, yam or plantain count.

Fill a quarter of your plate with complex carbohydrates

This is our main source of energy and is super important for vitamins and minerals. Aim for complex, less processed options like wholegrain pasta, brown rice and brown bread.

Fill the final quarter of your plate with a lean protein source

Protein is a building block for our bodies to ensure we are functioning properly. You can get sources of protein from animals as well as plants like soya.

Add a portion of healthy unsaturated fat

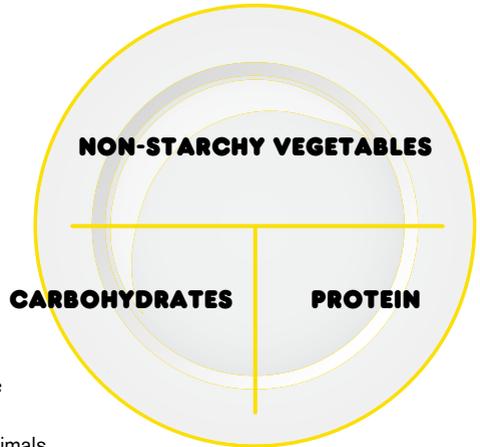
Choose to cook with unsaturated fats like olive oil, vegetable oils and vegetable fat spreads for better heart health.

Examples of balanced meals;

Breakfast – Scrambled egg on wholegrain toast with spinach, tomato, mushroom and a small spread of avocado.

Dinner – Chickpea and aubergine curry served with brown rice.

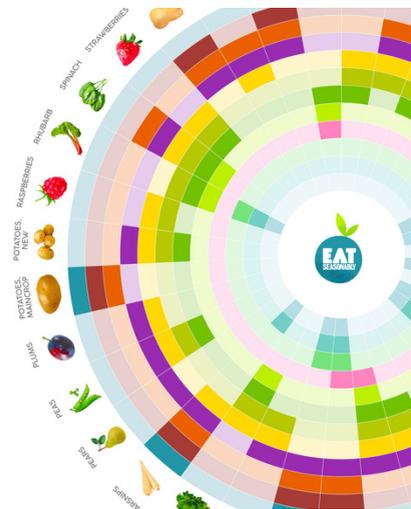
Snacks – Yoghurt and fruit or peanut butter and apple.



OUR TOP 3 HEALTHY EATING ON A BUDGET TIPS

Opt for seasonal fruit and vegetables

- If you want fresh, buying a bag of local and in season fruit and veg is cheaper than buying individual items.
- When we look at food labels on fruit and veg it will say 'The Country of Origin'. Produce that's not in season has often travelled thousands of miles to get to your local store which isn't good for the environment and it's more expensive.
- After transportation, fruit and veg doesn't stay fresh or ripe for as long, which also takes away its flavour. For every 10 pieces of fruit we eat in the UK, 9 have been grown in other countries!
- We have found a handy tool on which fruit and veg are in season so that you can plan meals with these in mind.



Choose frozen and canned fruits and vegetables

- Often cheaper than buying fresh and lasts much longer.
- As healthy as fresh and in some cases healthier because in the process of freezing, nutrients are 'locked in'.
- Grab a handful of what you need when you need it and the rest stays frozen ready for another time which reduces the amount of packaging, food and money wasted, as fresh fruit and veg won't last as long.
- With tinned fruit, try and buy it in its 'natural juice' rather than in syrup which has a high sugar content.

Eat Seasonably is one of our favourite tools!

<https://eatseasonably.co.uk/>

Eat more plant-based foods

- Meat and fish can be very tasty but it is expensive and can really bump up the cost of your food shopping.
- A balanced diet should include protein 2 - 3 times a day for growth, building and repairing our cells. You can find protein in plant based food such as beans and lentils.
- You can start by using half the amount of mince in a bolognese and using bean for the other 50% to reduce costs or you could try adding some eggs to rice for a filling, tasty and cheap alternative to a takeaway chicken/egg fried rice. You will be so surprised at how easy they are to make, how tasty they are and most importantly how cheap they are compared to buying meat for a recipe.

“ The first thing I do before deciding what is for dinner is look at what needs eating – it could be as simple as a bag of spinach or perhaps leftovers from the night before but it will make me think about what I need to base my meal around. I then think about how I can incorporate a carbohydrate and protein!
– Grace, Head of Education

My freezer is always full! Full of food which have neared their use by date that is throw in the freezer so I can save it for another time. It's usually on a Saturday morning when I pull out some of the items I want to cook with over the weekend. It's always a lovely surprise when you find a lovely Stew that's ready to defrost and reheat!

– Ffion, Nourish Hub Manager



One Pot Dhal & Tomato Curry with Roti

Great for using minimal appliances – meaning it reduces our energy bill and saves on washing up. Try using different protein options like chickpeas or split peas, adding extra vegetables that may need eating in the fridge and any spices you may have lying around!

INGREDIENTS

For The Dahl And Curry:

- 400g tin chopped tomatoes
- 80g spinach
- 140g red lentils
- 500ml boiling water
- 1 tsp salt
- 1 onion, finely sliced
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp olive/vegetable oil

For The Roti Bread:

- 225g or one and a half cups of self-raising flour, plus extra for dusting
- Half a tsp salt
- 140ml or three quarters of a cup of cold water
- 1 tbsp vegetable oil, plus extra for frying

METHOD

For The Dahl And Curry:

Tip the chopped tomatoes and spinach into a small roasting tin or casserole dish. Add the lentils, boiling water and salt.

Combine the sliced onion with cumin, coriander and oil and scatter over the tomato/lentil mix.

Cover with a lid or tightly scrunch a double layer of foil over the tin to seal.

Cook in the oven for 30 minutes at 200°C fan / 220°C conventional / gas 7.

After 30 minutes give the dhal a good stir. All the water should be absorbed. If not, return to the oven for a further 5 - 10 minutes before checking again. Serve with rice or flatbreads.

For The Roti Bread:

Sift the flour and salt into a large bowl.

Add the oil and gently add enough water to make a soft dough. Knead gently until smooth.

Dust your work surface with flour, divide the dough into 6 equal parts, roll the dough out into 6 discs about 3mm thick.

Heat a little oil in a heavy based pan on a medium heat. Put the roti into the pan, cook until it is puffed up and brown. Turn it over and cook the other side. Repeat until all the roti are cooked.



Macaroni Vegetable Cheese

A bechamel sauce aka white sauce used in this recipe is a great base for many dishes including lasagne, fish pie, mornay, the list goes on. It uses fridge and cupboard staples like milk, flour and butter and is a great way to use up odd bits of cheese and vegetables in the back of your fridge. You can also top your macaroni cheese with leftover breadcrumbs and bake for a crunchy topping.

INGREDIENTS

- 500ml whole milk
- 50g butter
- 50g plain flour
- 250g spiral or other short pasta
- 300g grated cheddar cheese
- 150g vegetables (broccoli, cauliflower, green beans and sweetcorn work well)
- 1 tsp English mustard



METHOD

Preheat oven to 180°C fan / 200°C conventional / gas mark 6.

Boil the pasta for 2 minutes less than stated on the pack, then drain.

Melt the butter in a pan over a medium heat. Once bubbling, stir in the flour. Mix rapidly until you have a paste. This is called a roux.

Gradually add the milk to the roux stirring continuously until you get a smooth sauce. Continue stirring and cook for 5 - 10 minutes until the sauce has thickened.

Add the cheese (reserving a small amount for later) and the mustard. Season to taste. Stir in the pasta and chopped vegetables of choice.

Tip into a large ovenproof dish. Scatter over the remaining cheese and bake for 20 minutes, until golden and bubbling.

EAT WELL, SPEND LESS

FIND OUT MORE!

Energy efficient cooking

<https://www.ukharvest.org.uk/education/food-and-fuel>

Apps to help you fight food waste!

<https://www.ukharvest.org.uk/food-waste-prevention-apps>

How do I check my fridge temperature?

<https://www.lovefoodhatewaste.com/good-food-habits/check-your-fridge-temperature>

UKHarvest recipes

<https://www.ukharvest.org.uk/recipes>

What can I make with...?

<https://realfood.tesco.com/what-can-i-make-with.html>

Feed your family recipes

<https://fyf20quid.co.uk/>

What can I recycle?

<https://www.recyclenow.com/>

Cook along with the Hairy Harvesters!

<https://www.ukharvest.org.uk/education/hairy-harvesters>

Find further support

<https://www.ukharvest.org.uk/education/get-support>



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