

TIPS AND RECIPES FOR A LESS WASTEFUL
HOME AND PROCESSING CENTRE.



**reducing
food
waste**

why reduce waste?

By working or volunteering in a food distribution centre or food bank, it means less food is getting thrown away. This helps people and our planet in many ways.

"People who find it difficult to buy food, can get food to eat. This helps to keep them healthy."

"It saves water. It takes water to grow food. By eating more of what we grow, we save water."

"When we bin food. The waste food releases methane and carbon dioxide, which damages the planet."

Here are a few tips and recipes which you can use in the food distribution centre or at home to do even more to reduce food waste.



swap ingredients

You don't always have to follow a recipe to the letter, if you don't have something you need, you can substitute it for something else that's similar.

For example, use leeks instead of onions or peas instead of sweetcorn.

If a recipe asks for a spice and you don't have it you could leave it out or use a different one.

Hold a spice swap with your friends. That way you can all get a wider variety of spices.

When baking a cake you could swap the butter for oil or margarine.



revive stale bread

You can make bread last longer by sprinkling stale bread with water, wrap it in foil and warm it up in the oven. It will taste like fresh bread.

Make breadcrumbs! Place pieces of stale bread in a food processor & blitz up. You can also add in seasoning like rosemary or thyme to add flavour, along with a little salt & pepper.

You can store these in a jar for a few days, or if you want to make them last longer – put them in sandwich bags and freeze them.

Then you can add them to different recipes such as on top of pasta bakes, or soups. Or you can use them to coat fish cakes.

panzanella salad



prep: 15 mins

cook: 6 mins

serves: 2-4

ingredients

- 250g Day Old Bread
- 1/2 Red Onion
- 250g Cherry Tomatoes
- Fresh Basil
- 3tbsp Olive Oil
- 1tbsp Red Wine Vinegar
- 30g Anchovies, roughly chopped
- 80g black olives, roughly chopped
- Handful of Basil
- 2 eggs, soft boiled and quartered.

method

1. Cook the eggs to your liking, and then shell & quarter them.
2. Wash & half the cherry tomatoes. Finely slice the red onion and add both to a large mixing bowl. Add in the chopped anchovies & olives and the torn Basil.
3. Mix the oil & vinegar together in a bowl.
4. Add the bread into the mixing bowl.
5. Drizzle the dressing over and mix well.
6. Serve in a bowl with the egg.

optional

- Use capers, peppers, and cucumbers too.
- Cube & cook the bread at 180°C (Gas Mark 4) in the oven. Do so for 10 mins until it becomes crunchy.

surplus fruit&old veg

If you have lots of one vegetable or fruit you can cook and freeze them. Beans can be topped and tailed and frozen. Apples and tomatoes can be cooked to a sauce and then frozen.

Older veg that is soft and past it's best is still great for use in soups, sauces, curries and casseroles.

you can also use any trimming from carrots, onion skin, leeks, etc, to make your own vegetable stock. Just add them to cold water, bring to the boil then simmer gently. Once its simmered for a good hour or so you can then drain through a sieve cool & freeze for another day.

Older fruit can be baked into cakes and puddings.

tomato&basil soup



prep: 10 mins

cook: 30 mins

serves: 4

ingredients

- 1 Carrot
- 1 Celery
- 1 Onion
- 1 Garlic Clove, Chopped
- 400ml Chopped Tomatoes
- Handful of Cherry Tomatoes
- Fresh Basil
- 1 tbsp Olive Oil
- 1 Veg Stock Cube
- 800ml Hot Water
- Salt & Pepper

method

1. Roughly chop the carrot, celery, and onion.
2. Add the oil to a large saucepan on a medium heat.
3. Add in the vegetables and cook gently until the onions go translucent. Add the garlic.
4. Crumble in the stock cube, and add the chopped tomatoes and cherry tomatoes.
5. Stir, and add the water. Bring to the boil, and then simmer for 20 minutes until the carrots are soft.
6. Remove from the heat, and add a handful of fresh basil. Blitz the soup carefully with a stick blender.
7. If the soup is too thick, add a splash of water. If it is too thin, cook on a medium heat until has thickened.
8. Season with salt and pepper to taste.

want to know more?

A big thank you to FareShare chefs & the FullCrumb Kitchen for these tips and recipes. Follow us on Instagram and Twitter at @fullcrumbkitch, or on Twitter at @FareShareUK for more.

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