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# **Food waste audit**

Keep track of food in your home that is thrown away or leftover this week. Look at the reducing food waste tips below and then note how you can use up leftover food and avoid waste in the future.

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| **Food (s) thrown away or leftover** | **What I can do to avoid food waste next time** |
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# **Reducing food waste tips**

**What about…**

**Bread** – keep it in the freezer and just take out what you need to save waste.

**Vegetables** – making a soup is a great way to use up vegetables that are going past their best. Take a look at our [Vegetable soup recipe](https://www.nutrition.org.uk/healthy-eating-week/what-s-it-all-about/recipes/).

**Milk** - you can freeze milk at any time up until its ‘use by’ date. You could pour milk into ice cube trays and then use the cubes straight from the freezer when cooking, in dishes such as soups or sauces, or pop them straight into a cup of tea or coffee!

**Be creative** and add unused fruit to salads (e.g. chopped apple, grated carrot), or to smoothies (e.g. soft bananas, plums). Add unused vegetables to curry or bolognese (e.g. courgettes, mushrooms).

**Measure** foods like pasta and rice before you cook them. People often guess how much of these foods are needed and make too much. Take a look at our [Get portion wise](https://www.nutrition.org.uk/putting-it-into-practice/balancing-the-diet/get-portion-wise/) information.

**Cover and chill** leftover food and enjoy it the next day, or freeze it for another time (if suitable for freezing).

**Plan** your meals for the week and write a shopping list so you just buy what you need. Use our [Meal and shopping planner](https://www.nutrition.org.uk/healthy-eating-week/what-s-it-all-about/workplaces/) sheet.