NORTH LONDON WASTE AUTHORITY

Commonly raised food waste items

Each household is different, and the way people buy, use and waste food is obviously hugely varied, so delivering these workshops you'll likely get a mix of questions about food items people waste and how to use them. That said, there are a few key things that tend to come up frequently and you will probably encounter at some point. We've listed some of these big hitters below, along with some suggested answers to give to your attendees.

Salad Leaves/fresh herbs	Not great for freezing, but can be rescued before they become too wilted by adding any nuts, olive oil, herbs, garlic, salt and lemon that you have spare and blending to make a pesto. Alternatively if you don't have a blender, they can be chopped with things like capers, garlic, chilli and mixed with some sort of vinegar to make a 'Salsa Verde' style condiment. Both acid and oil will help preserve the greens, meaning they can be stored in a jar in the fridge for a fair while longer before going bad. Wilting can also be slowed by storing in tupperware with a piece of kitchen role in the bottom.
Vegetables	Most veg can be frozen and defrosted without any impact on its taste/texture. Main exceptions are leafy greens and cucumber. If you don't have a freezer, pickling is also a great way to extend the life of veg. At its simplest it just requires a jar, vinegar, sugar and salt.
Cucumber	Often comes in larger quantities than people need and doesn't freeze well. If possible, keep an eye out for half-cucumbers sometimes sold in supermarkets. Failing that, it can be pickled easily for a healthy, tasty snack.
Rice	Commonly made in too-large quantities, leaving lots of plain rice leftover. Lots of people are cautious about re-heating rice due to food safety concerns. Generally

	speaking, these concerns can be managed by ensuring it is transferred to a sealed container as quickly as possible after cooking to limit time left at room temp, and then consumed within 2-3 days. When re-heating, ensure rice is piping hot. A quick and easy way to use it is fried rice, for which pre-cooked, slightly stale rice is generally considered preferable to freshly cooked. This is also a great way to use up eggs and spring onions, spare carrots, and any odd veg you might have lying around.
Bread	Most sliced bread and supermarket bread products freeze and defrost well, so a good practice is to put half a loaf in the freezer when you buy it, then take it out as you need it. If you're toasting it, you needn't take it out at all and can just leave it in the freezer and transfer straight to the toaster. Exceptions to this can be things like sourdough and some fresh loaves. For things like this, or other bread which has gone stale but isn't yet mouldy, blending it into breadcrumbs can be a good solution. There are many recipes, especially pasta dishes and bakes for which breadcrumbs are useful. If you don't have a blender, croutons are another option. Simply chop the bread into rough cubes, drizzle with some oil and bake for 15 minutes or until they've gone hard. These can be kept and added soups and stews.
Dairy	Firstly – trust your senses! Ignore best before dates. It will be obvious if milk or cheese has gone bad. People often don't realise that both milk and cheese can be frozen and defrosted without any change to the taste/quality. For milk, buying large cartons rather than little ones is often preferable as it saves money and reduces shopping trips, but leads to lots of

	wasted milk. A good practice is to freeze half when you buy it and defrost it when you need it.

Recipe Ideas

French Toast: https://www.lovefoodhatewaste.com/foods-and-recipes/french-toast-honey

Potato Peel soup: https://lovefoodhatewaste.com/foods-and-recipes/potato-peel-soup

Banana bread: https://www.bbc.co.uk/food/recipes/bananabread_85720

Banana peel bacon: https://itdoesnttastelikechicken.com/banana-peel-bacon/

Stale bread pizza: https://www.cookist.com/bread-pizza/

Things with breadcrumbs:

https://www.tastingtable.com/1501457/ways-to-use-leftover-bread-crumbs/

Broccoli Stem Stir fry: https://thewoksoflife.com/broccoli-stem-stir-fry-recipe/

Roasted Cauliflower leaves: https://cookveggielicious.com/how-to-roast-cauliflower-leaves

Pickled Carrots: https://www.thespruceeats.com/how-to-store-vegetables-4687049

Zero waste Frittata: https://zerowastechef.com/2015/05/06/clear-out-the-fridge-frittata/

Bread and butter pudding: https://www.lovefoodhatewaste.com/foods-and-recipes/bread-and-butter-pudding

Egg fried rice: https://www.bbcgoodfood.com/recipes/egg-fried-rice?IGNORE_GEO_REDIRECT_GLOBAL=true&v=414057005

Scrappy soup: https://livingkitchenwellness.com/scrappy-soup-veggie-scrap-soup/

Pickling: https://sustainableamerica.org/blog/the-quick-vegetable-pickling-guide-to-reduce-food-waste/

Pickled Carrots: https://www.acouplecooks.com/pickled-carrots/

Pasta e Fagioli: https://www.bbc.co.uk/food/recipes/pastaefagioli_92269