

When you shop online, you can also see what regulars you usually buy so it saves you having to think so much about this. It's also an easy way to see how much you're spending at a glance each time you go shopping. It isn't suited to everyone but for some it's a real game changer.



MOO Food



Look after your money

Special offers & deals

Remember the supermarkets have experts dedicated to get us to buy more than we need. This is where our lists are a budget and food waste saver if we manage to be strict with ourselves and stick to it!

Sense check if it's something you will use – **a great deal on food is only one that you'll end up eating** and not throwing away. You can freeze food up to its use by date if it has one.



Keep an eye on your money

If your local supermarket has a scanner, this is a great time saving way to pack your own food & also it means you can keep an eye on the cost as well.

Store your money-off vouchers near where you keep your shopping bags so you don't forget them. As with 'special offers', they are only money saving if you were going to buy the item anyway.



Looking at dates



Check the dates on any foods that go off quickly. If you know you won't use a whole pint of milk in a couple of days - is there another milk with a longer shelf life on it for you?

Community fridges & larders

Has your local village got a community fridge or larder? Most local supermarkets and shops are now sharing any surplus food they cannot sell in time with the community and we've seen these popping up all across the Highlands. Why not give it a try out and see if you can help to use up some of this food.

Sharing with others

They are also a great way to share any surplus food you have at home. If it is in date, unopened or you've grown a lot of veg and you know you won't manage to eat it all, sharing with others is a great way to save food waste.





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Connection to food

Support Local

If you have the means and a way to do so, then supporting local farmers, small retailers and community markets is an excellent way of shopping. It can really help us to appreciate what goes into growing, cooking and selling local produce when we get to meet the people who are making a living from food. Visiting or volunteering on farms or community gardens can have the same effect, we're not going to throw any food in the bin once we find out how much time and effort has gone into it!



Grow your own

Growing all of our own food just isn't realistic but if you can grow some lettuces or even herbs on a windowcill, it helps to develop that link between where our food comes from and gives us a new found or re-found appreciation and respect for our food.



If you try growing some of your own food with making your own compost - even better! You'll find that you will end up with next to zero food waste.



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Cooking from scratch

Avoiding packaged foods

Buying foods in packaging really adds up and the more we can make at home from scratch, the more money and food waste (and packaging waste!) it saves us. Pre-packaged jars of sauces, pizzas, ready made foods and takeaways are all very costly nowadays and can be made at home for a fraction of the cost. It can be daunting and a bit time consuming at the start if you're new to cooking at home but just trying one of these to start off with and getting it right would make a huge difference to both waste and budget.

Recipes

Fakeaway Recipes

Pasta Sauce Recipe

Simple Veg Curry

Salad Dressings

Homemade Muesli

Videos

MOO Food Community Fridge Middle Eastern Stew

MOO Food Community Fridge Soup & Croutons Recipe





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Challenge

Choose **one** new habit change to try out this week:



Try to do one big shop to last 1-2 weeks



Make a change to how you shop



Make a meal you'd usually buy ready-made from scratch



Add in some locally grown food or from a local supplier



Either use or share some food with your local community fridge or larder

Before you start:



Take a note of **how much money** you usually spend per week on food shopping.



Take a note of **how much food waste** you create per week **before** making a change.



At the end of the week, check what you spent on food and how much food waste there was, did any changes in habit make a difference?



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