



MOO Food



Preparing

Making the most of your food

A lot of our food waste comes down to **how much food** we prepare for eating. It's very easy to **overestimate** how much food you or those in your household will eat. Here we'll share some top tips on how reduce food waste in the preparation stage.



Make food in advance

Cooking before we get super hungry isn't always possible but it is a good way of reducing how much we prepare!

Watch your plate sizes

Put only as much food as you or the person you are serving will definitely eat. It is much easier to store leftovers in the fridge before they reach your plate.





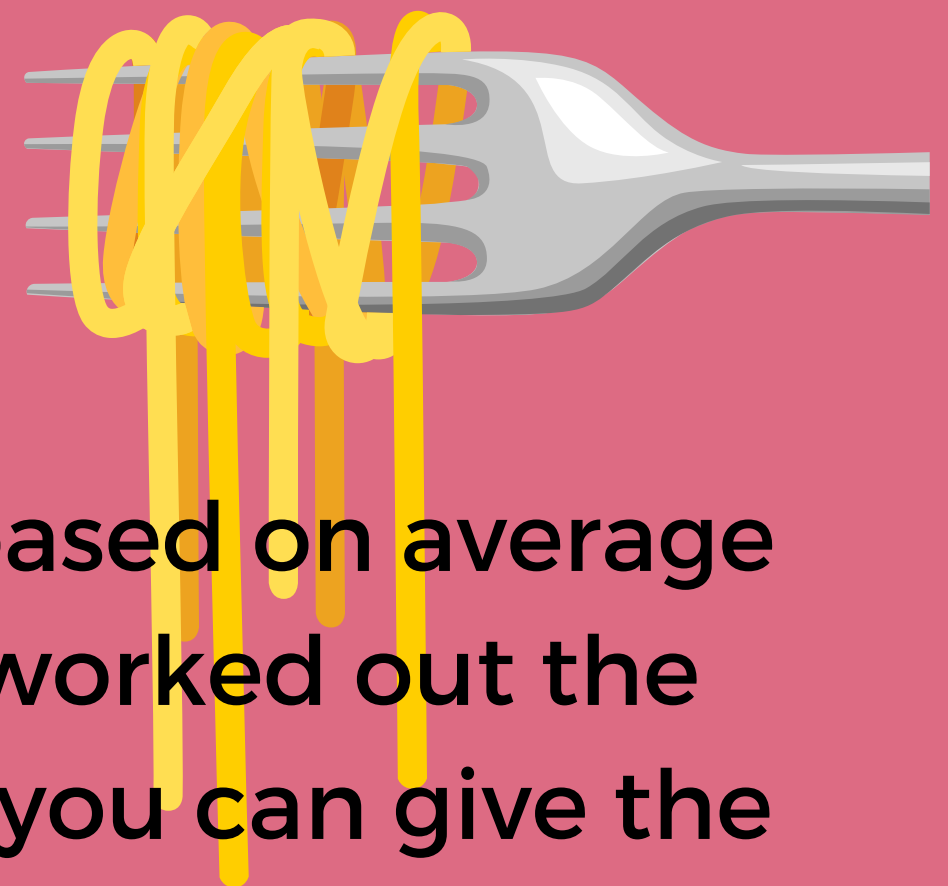
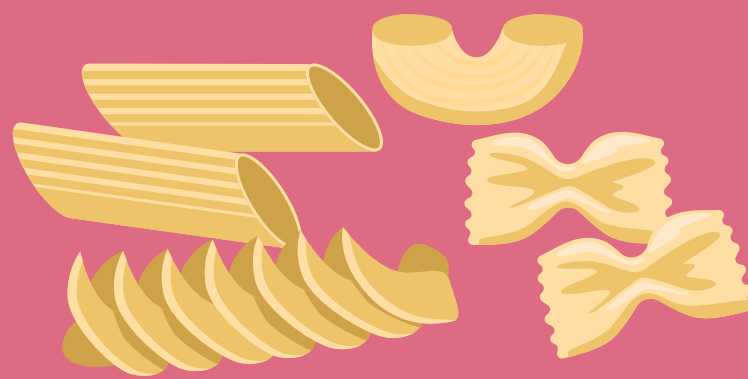
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Getting portions right

GETTING THE RIGHT QUANTITY

We've all been there with cooking too much rice or pasta! These can of course be easily used up the next day (we'll cover this in the next section) but if you are just looking for enough to get you through one meal then it's good to figure out the amount that works for your household.



All amounts below are approximate & based on average adult portions. If you haven't already worked out the amount that works for your household, you can give the below a shot & see if either you had too much or too little at the end and amend accordingly.

Rice - ½ cup of uncooked rice per person

Pasta - 1 cup uncooked pasta per person

Spaghetti - 75gs uncooked per person

PORTION CALCULATOR

Love Food Hate Waste have done a lot of the hard work already & have a **Portion Calculator** you can use if you want to work out how much to cook for your household.

Kids and leftovers

We know that it can often be difficult when it comes to children to not end up with food left on plates! Sometimes there is just no way around this - if you have any tips to share on this topic, we'd love to hear them and pass them on!



Learning about food

It can help for kids to get involved with learning about where their food comes from, the growing cycle, cooking & composting. We've shared some recipes at the end of this topic that kids might enjoy helping with.



Growing food

If you already have some food growing at home or want to start with a few herbs on the windowsill, kids often enjoy picking and using food that is growing at home and it helps to build the connection of where our food comes from. Cress is the easiest seed to start with if they want to give it a try.

Get the taste right for you

TASTE

When it comes to food, the most important thing is that you enjoy what you're eating!



EXPERIMENT

If you're new to cooking, don't be shy to add in or amend the ingredients to both what you have and what you enjoy. If adding cheese and some chilli means that cauliflower will get eaten then just for it!

Finding the right taste for you might take a few attempts but the good thing is when you do, you can do it every time!





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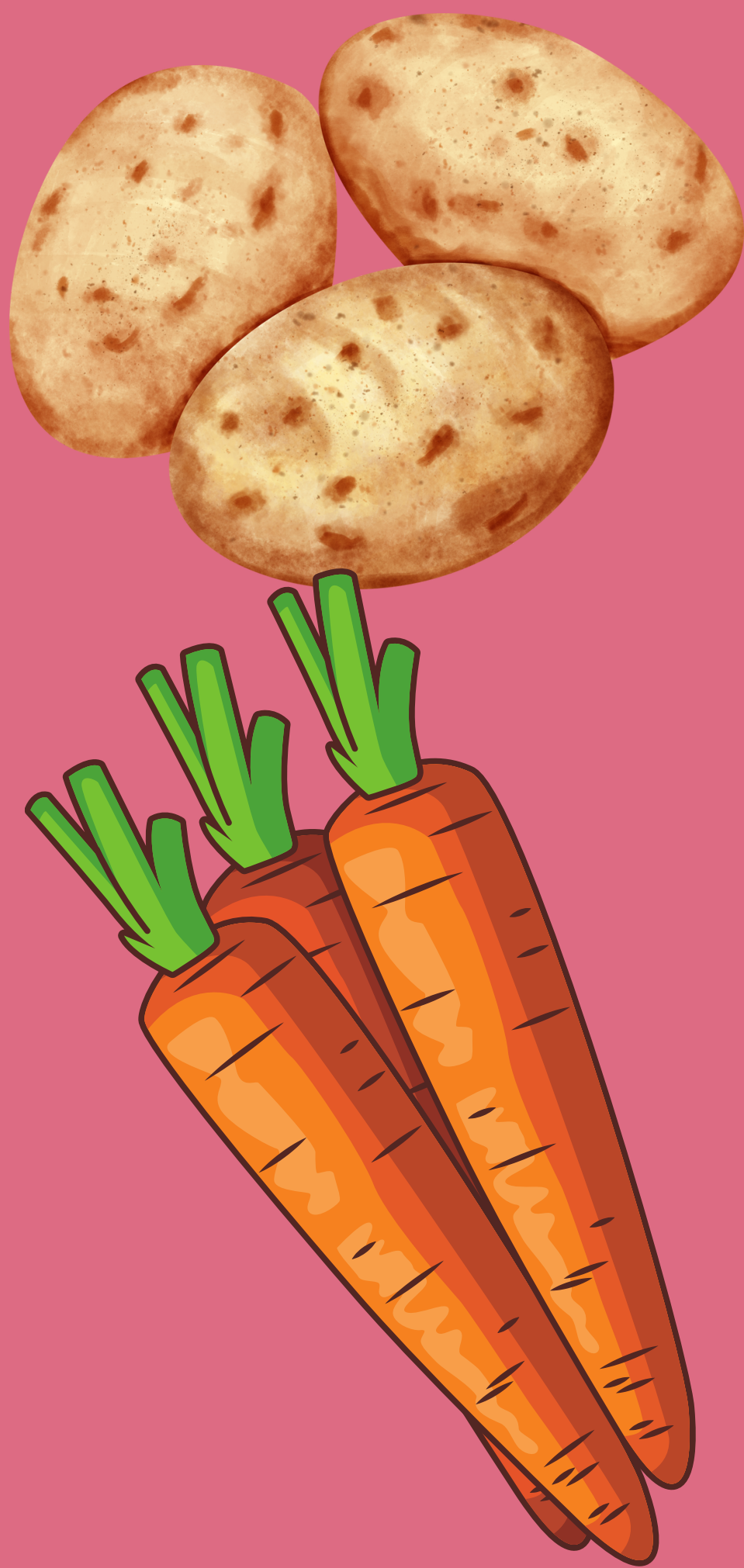


Making it all count

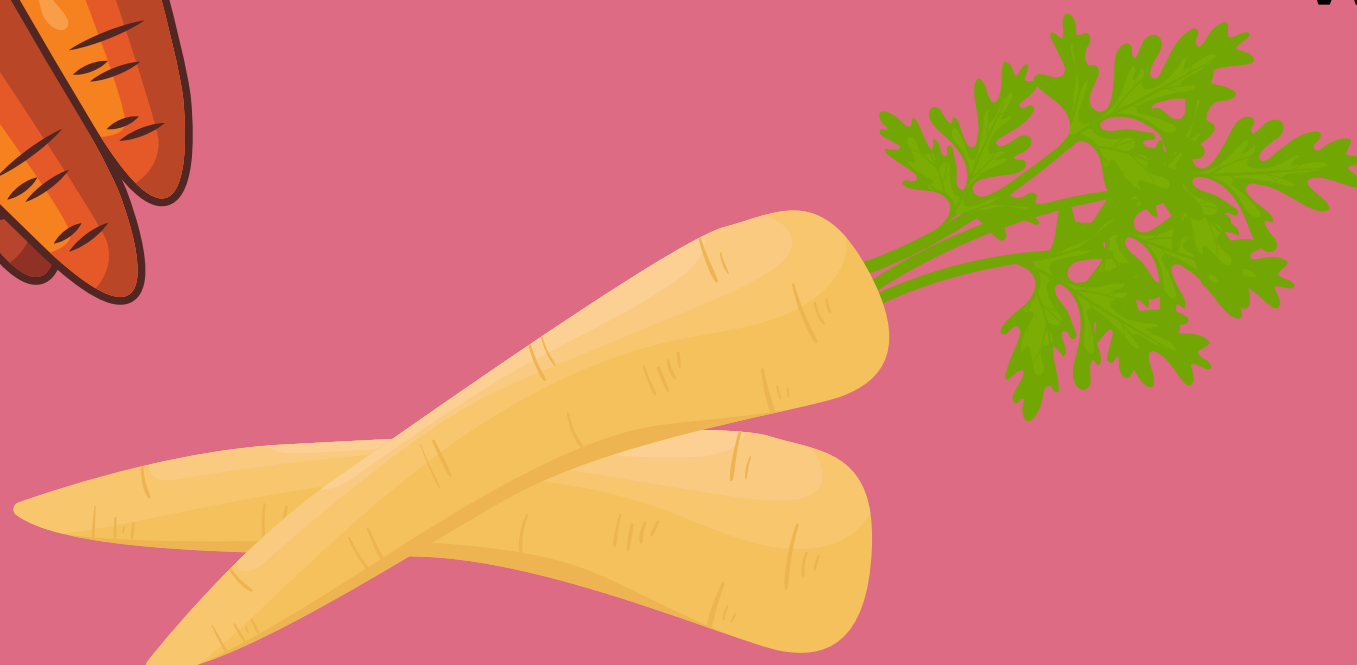
USING EVERYTHING UP

It's good to try and **use up as much of your ingredients as possible** during the preparation stage. There are of course certain things that you just aren't going to eat such as onion skins but we'll cover these in the composting topic.

SCRUB DON'T PEEL!



There are however a lot of vegetable skins that can be eaten and not only does it save on food waste, it saves a load of preparation time! Potatoes, parsnips & carrots are a good example of foods that we can spend a long time peeling when actually all you need is a good vegetable scrubbing brush to give them a good clean and then they can be just chopped up and cooked as they are with the skins on.



Vegetables

SPRING ONIONS & LEEKS

We are often told to just eat the white bits but the greens on these vegetables are perfectly fine to be added into whatever you are cooking. Remember you can regrow these vegetables as well so put them in a little water & keep an eye on them!



MUSHROOMS

you don't need to take the stalks off, as long as they have been cleaned well with a piece of kitchen roll then you can again eat the whole thing.



BROCCOLI

Broccoli stalks are lovely! Chop the whole broccoli (raw) into little pieces including the stalk, add some natural yoghurt, mayonnaise & a tablespoon of curry powder - makes an absolutely delicious side salad.

HERBS

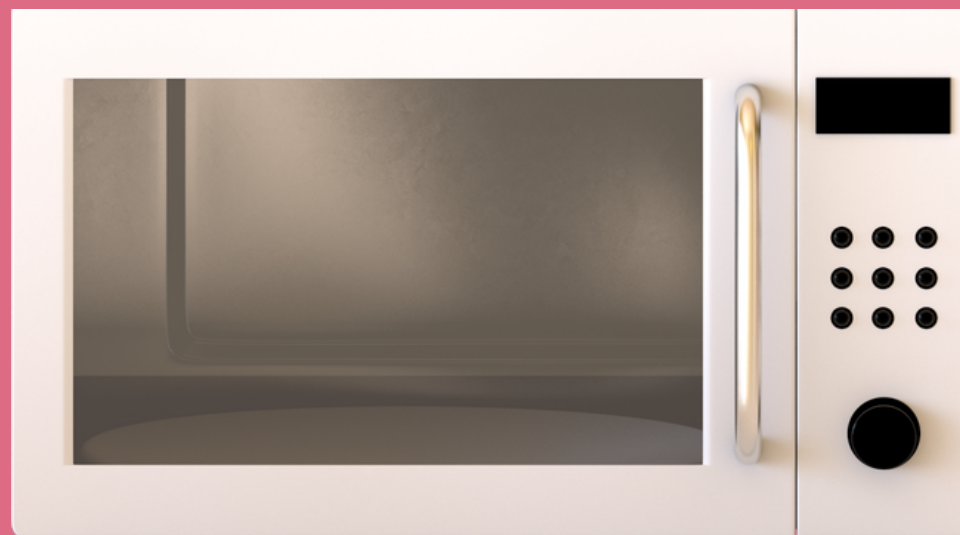
Herb stalks such as parsley, basil & coriander are often discarded, but this is where you find the most flavour so make sure to use all of these! Just cut them up or add them into your food processor.



Cooking efficiently

Using your appliances

Air fryers are particularly good if you have just one or two people in your household and are cooking less food at one time. They can save money & energy use by taking away the need to heat up your whole oven.



Microwaves

If you have a microwave at home then these of course can be so useful for heating up your leftovers quickly or cooking a baked potato instead of turning your oven on for a long period of time.

Slow Cookers

Slow cookers are extremely energy efficient as well as time saving as you can usually quickly add everything into the pot at the same time. Save yourself some time & money by making a few portions of the same meal in your slow cooker and either eating throughout that week or freezing for a later date.

Recipe Idea

COOKING WITH KIDS RECIPES



Quick, easy & fun

OMELETTE

2 x eggs

1 teaspoon butter

Toppings Ideas- some grated cheese, mushrooms, tomatoes, broccoli, peppers cut into small pieces

- Crack the eggs into a bowl and whisk with a fork.
- Heat the butter up in a small frying pan
- Once the butter is sizzling then pour in your egg mixture
- Wait until the middle starts to firm up and cook and then push the runny mixture gently in from the side.
- Add whatever toppings you want on the top and let it cook for a couple of minutes.
- Flip over one side of the omelette so it's in half and this will then help to cook the middle.
- You can get it nice and golden brown on both sides.
- Check fully cooked in the middle before eating & enjoy!



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Fun recipes

PINWHEELS

Tortilla wraps

Any kind of fillings you think they might eat!

Lay the tortilla wrap on a chopping board & add on whichever ingredients you've gone for. Don't fill too high but try spread right to the edges. Roll up the wrap & chop into slices - it can be a bit of a messy business but they are fun to make at the same time (& they almost definitely won't look like any of the instagram pictures!)

FRUIT ICE LOLLYS

Blitz up some fruit with some water and add into your ice lolly moulds. Tasty for both adults & kids.



Preserving

MAKING THE MOST OF YOUR FOOD

If you are growing your own food or end up with a glut of fruit or veg then you may want to try preserving your food. It is a great way of **saving food waste** as well as **money** and means that you can **enjoy the food all year round**. Foods such as kimchi & sauarkraut are excellent foods for our gut as well, so well worth learning more about how to make these at home.

Preserving can be great fun and include making wine, jams, juices, chutneys, sauces, pickles, dehydrating food, fruit leathers, drying herbs.. the list is endless! A great opportunity to see if there is a workshop near you on how start preserving!





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Challenge

Try something new this week! Pick from:

- ▶ Reduce your plate sizes if you usually end up with food left on plates.
- ▶ Measure your quantities when cooking & amend if too much/too little next time
- ▶ Try a new recipe
- ▶ Cook with someone else - have fun!
- ▶ Learn a new skill (eg a new way of preserving)

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.



- ▶ During the week of this challenge, make sure to keep track of how much food waste you are creating as well as how much money you are spending.

- ▶ What changes did you make and did you see an impact?



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Further Resources

It's good to find a few quick & easy recipes that you get to know off the top of your head to save you time. We've included some links to these below along with some preserving ideas.

[**SLOW COOKER RECIPES**](#)

[**COOKING WITH KIDS**](#)

[**MICROWAVE RECIPES**](#)

[**AIR FRYER RECIPES**](#)

[**BATCH COOKING RECIPES**](#)

[**LOVE FOOD HATE WASTE RECIPES**](#)

[**SUPERCOOK ZEROWASTE RECIPES**](#)

[**HOW TO MAKE SAURKRAUT**](#)

[**HOW TO MAKE KIMCHI**](#)

[**MOO FOOD STRAWBERRY JAM RECIPE VIDEO**](#)

[**MOO FOOD PICKLED COURGETTES VIDEO**](#)

[**MOO FOOD ZEROWASTE CHUTNEY VIDEO**](#)



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