

Zero-Waste Cuisine Workshop

Tips on preventing food waste:

- Storing leafy greens - wash, thoroughly dry with a tea towel and place in between sheets of kitchen roll paper and store in a container in the fridge.
- Keep herbs fresh such as parsley and coriander by placing their stems in a glass with a little bit of water. Store in the fridge.
- Grate scraps of vegetables in porridge – this will also increase your plant diversity intake and fibre in your diet to feed the good bacteria in your intestines (carrots, parsnips, sweet potato, beetroot, zucchini, pear, apples all work really well)
- Add leftover fruit/vegetables to smoothies, soups or juices or freeze
- Use leftover roasted vegetables to make a frittata or blend with stock to make a soup
- Turn your herbs into a homemade pesto – blend with olive oil, a nut of choice, salt and pepper then freeze in small jars or ice cube trays.
- Freeze lemon juice in ice cube trays

- Use the peel/rind of citrus fruit to make preserved lemons, orange or jams
- Eggs – when you see them getting close to their expiry date, beat them and freeze in zip lock bags. Place in a bowl of warm water for a couple of minutes and then cook.
- Milk – if you're going on holiday or away for the weekend, freeze.
- Use lemon rind and peel to infuse water or add extra flavor to dishes
- Use ripe bananas to sweeten baked goods such as banana bread, chocolate banana cake or baked porridge
- Make stock – with leftover broccoli/cauliflower stalk, carrot tops, onion or garlic peel, carrot peel etc and/or animal bones such as fish, chicken, beef or lamb – use as a base for soups, stews and risotto and freeze in small jars or ice cube trays.

Understanding food labels

There is a difference between 'best before' and 'use by.'

- Best before – still safe to eat after the date.
- Use by – no longer safe to eat after the date.

Shop Wisely

- Introduce mindfulness into your meal planning
- Make a meal plan before going to the supermarket
- Check your fridge/pantry when making your food shopping list to prevent over buying and impulse buys. You will save food and money!
- Think of a few recipes you'd like to cook and buy ingredients accordingly
- Never go to the supermarket hungry – you will end up buying more than you need!
- Use up leftovers before buying more food items

Making food last

Fermented foods: You can ferment almost every vegetable you desire from cabbage, to cucumber, radishes, carrots, cauliflower, olives and capers.

Freezing foods: inactivates bacteria, mould and parasites.

Preserves and jams

Infusing oils and vinegar with fresh herbs or garlic.

Donate & share food: take a packed lunch of leftovers to work for a colleague or share foods you buy in bulk, such as from the Farmer's market with family and friends.

Compost: food scraps enrich the soil and reduce the need for chemical fertilisers.