

# SUSTAINABLE(ISH) FEBRUARY



## FEED THE WORLD

SUGGESTIONS, IDEAS AND POSSIBILITIES TO HELP CHANGE THE WORLD - HOW MANY CAN YOU/WILL YOU TICK OFF?

- MEAL PLAN
- MAKE BEST USE OF YOUR FREEZER - YOU CAN FREEZE BUTTER, MILK, CREAM AND CHEESE
- CHOOSE MSC CERTIFIED FISH
- PUT THE LIDS ON SAUCEPANS WHEN COOKING
- USE RE-USABLE BAGS FOR LOOSE FRUIT AND VEG
- BUY FAIRTRADE
- USE LEFTOVER MASHED POTATO TO MAKE GNOCCHI OR POTATO PANCAKES
- IGNORE BEST BEFORE DATES
- JOIN OLIO TO EASILY SHARE FOOD YOU WON'T EAT WITH YOUR NEIGHBOURS
- SUPPORT LOCAL PRODUCERS
- TAKE YOUR TUPPERWARE WITH YOU WHEN YOU'RE EATING OUT TO BRING HOME ANY LEFTOVERS

- FREEZE BANANAS THAT ARE GOING BROWN TO USE FOR BAKING OR ICE CREAM
- EAT SEASONALLY
- BULK UP MEAT DISHES WITH LENTILS, BEANS AND EXTRA VEG
- LOOK FOR PLASTIC FREE PACKAGING
- MEAT FREE MONDAY (OR TUESDAY OR SATURDAY...)
- COMPOST YOUR FOOD WASTE
- FREEZE YOUR LOAF AND TAKE OUT SLICES AS YOU NEED THEM
- COOK FROM SCRATCH A COUPLE OF TIMES A WEEK
- PICK THE WONKY VEG
- CHECK OUT YOUR LOCAL FARMERS MARKET
- COOK IN BULK AND FREEZE 'READY MEALS' FOR BUSY DAYS

- CHECK OUT [WWW.LOVEFOODHATEWASTE.COM](http://WWW.LOVEFOODHATEWASTE.COM) FOR RECIPES TO USE UP LEFTOVERS
- SWAP RED MEAT FOR CHICKEN OR PORK
- SAVE LEFTOVERS FOR A CHEAP (AND PACKAGING FREE!) LUNCH THE NEXT DAY
- AVOID TEMPTING BOGOF OFFERS (THEY CONTRIBUTE TO FOOD WASTE)
- GET A FRUIT AND VEG BOX DELIVERY
- GROW YOU OWN - EVEN A FEW HERBS ON YOUR WINDOWSILL COUNTS!
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**AROUND 50% OF FOOD WASTE OCCURS IN THE HOME**