

Food Waste & Leftovers



Fun, easy ways for families to save money, cut waste, and enjoy every last bite.



Leftovers Made Easy

- Turn last night's dinner into today's lunch with simple swaps.
- Add leftover veg to pasta, wraps, omelettes or soups.
- Freeze extra portions for busy days.
- Mix and match leftovers for "pick 'n' mix" family meals.



Make the Most of What You Have

- Store fruit and veg where they last longest (bananas alone, potatoes in the dark).
- Keep bread fresher by freezing slices and toasting as needed.
- Use "eat me first" bowls for food that needs used soon.
- Check your fridge before shopping to avoid buying doubles.



Smart Storage Tips

- Keep herbs fresh in a glass of water in the fridge.
- Store carrots and celery in water to keep them crunchy.
- Freeze chopped onions, peppers and chillies for quick cooking.
- Label leftovers with the date so nothing gets forgotten.



Quick Save Ideas

- Brown bananas → banana bread, pancakes or smoothies.
- Stale bread → toasties, croutons or breadcrumbs.
- Soft veg → soups, curries or pasta sauces.
- Odd bits of cheese → sprinkle on pasta or melt into toasties.



Saves Money - Reduces Food Waste - Lower Carbon Emissions - Good Food Habits Learnt