

FOOD



FACTS

Eat Well • Save Money • Waste Less

BEST BEFORE



The **'BEST BEFORE'** date refers to food quality rather than safety; it should be safe to eat after the 'best before' date but may no longer be at its best.

USE BY



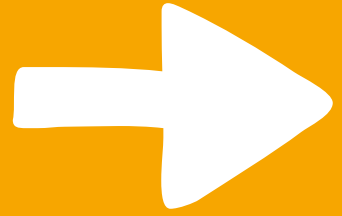
The **'USE BY'** date refers to safety; food can be eaten up to this date but not after even if it looks and smells ok. Always follow the storage instructions on the packaging.

SELL BY



The **'DISPLAY UNTIL'** and **'SELL BY'** dates can be ignored as these are for shop staff only.

KNOW YOUR DATES!



Tinned food lasts longer than fresh food.



Store bread in a bread bin and cakes / biscuits in jars, to keep them fresh for longer.



Keep food in its **original packaging** where suitable and follow the pack instructions to keep your food at its best.

STORAGE TIPS

GET THE MOST OUT OF YOUR FOOD WITH THIS STORAGE ADVICE...

**Leftover
food in the
fridge should be
eaten within
2 days!**



Loose fruit and veg can last longer if stored in a lightly tied bag in the fridge.



Clear boxes or bags seal in freshness for the storage of foods – great for leftovers in the fridge or freezer.



Frozen vegetables last longer than fresh and can be cheaper, and easier / quicker to use.



3 MONTHS
BREAD

1 MONTH
LEFTOVERS



9 MONTHS
VEGETABLES



1 MONTH
MILK

WHAT FOODS CAN I FREEZE?



4 MONTHS
CHEESE



Don't let food go out of date, stick it in the freezer!



4 MONTHS
BUTTER / MARG

6 MONTHS
STEAKS



6 MONTHS
RAW PASTRY

SMART SHOPPING

To save money, reduce the amount of food you throw away by buying smart! Spend a few minutes planning meals and writing a shopping list to avoid impulse buying.



2

Shopping for specific ingredients with meals in mind and taking a list helps ensure we use what we buy.



4

Look for food with the longest use by date or fresh foods which can be frozen in case you don't get round to eating them in time.

Avoid impulse buys such as the buy one get one free offers unless you have planned meals that use them, or know how to store them correctly so they can be used at a later date.

6

1



Keep a pad and pen in the kitchen - when you've got through the last of your favourites, such as milk, scribble it down on the list.

3



Buying foods that can be used for different dishes gives flexibility to create different meals.

5

Check what's in the cupboard, fridge and freezer before going shopping, to make sure you only get what you need and avoid buying what you already have.

7

Never go shopping when you are hungry as you will be tempted to buy items that you don't need or that you would not normally buy.



HEALTHY
SWEET TREAT

For more
recipes, please
see our recipe book,
available to download
from our website

BANANA BREAD



1
loaf



15
minutes



65
minutes

INGREDIENTS

- ▶ 250g plain flour
- ▶ 1 teaspoon bicarbonate of soda
- ▶ pinch salt
- ▶ 115g butter
- ▶ 115g dark brown soft sugar
- ▶ 2 eggs, beaten
- ▶ 500g mashed over-ripe bananas

METHOD

1. Preheat the oven to 180°C /Gas mark 4.
2. Lightly grease the loaf tin.
3. In a large bowl, combine flour, bicarbonate of soda and salt.
4. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended.
5. Stir banana mixture into flour mixture and pour into greased loaf tin.
6. Bake for 60 to 65 minutes, until a knife inserted into centre of the loaf comes out clean.
7. Leave to cool in tin for 10 minutes, then turn out onto a wire cooling rack.

SUB THE BANANA FOR ANY OTHER MASHABLE FRUIT, SUCH AS MANGO OR STEWED APPLES.
ADD IN BLUEBERRIES, CRANBERRIES, RASPBERRIES FOR EXTRA FLAVOUR



For more recipes, please see our recipe book, available to download from our website

SEASONAL
(AUTUMN)

SHEPHERD'S PIE



4
servings



15
minutes



60
minutes

INGREDIENTS

- ▶ 1 tbsp sunflower oil
- ▶ 1 large onion, chopped
- ▶ 2 – 3 medium carrots, chopped
- ▶ 500g lamb mince
- ▶ 2 tbsp tomato purée
- ▶ large splash Worcestershire sauce
- ▶ 500ml beef stock
- ▶ 900g potatoes, cut into chunks
- ▶ 85g butter
- ▶ 3 tbsp milk

METHOD

1. Heat the oil in a medium saucepan, then soften the onion and carrots for a few mins.
2. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat.
3. Add the tomato purée and Worcestershire sauce, then fry for a few mins. Pour in the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.
4. Heat the oven to 180°C/fan 160°C/gas mark 4.
5. Boil the potatoes for 10 – 15 mins until tender. Drain, then mash with the butter and milk.
6. Put the mince mixture into an ovenproof dish, top with the mash.
7. Bake for 20 – 25 minutes until the top is starting to colour.

ADD ANY LEFT OVER VEG YOU MIGHT HAVE - SWEDE, PARSNIP, CAULIFLOWER AND BUTTERNUT SQUASH ARE ALL IN SEASON. TRY BEEF OR TURKEY MINCE FOR A CHANGE. YOU CAN FREEZE THE PIE AFTER STEP 6 FOR UP TO A MONTH AND SAVE IT FOR ANOTHER DAY - JUST ALLOW TO DEFROST AND THEN PLACE IN THE OVEN TO HEAT IT UP!

EAT SMART!

PORTION CONTROL



1 PORTION OF
FRUIT OR VEG

Be mindful of portion control when cooking. Try weighing & measuring your food to work out the right amount for you and your family.

When serving, only take the amount of food you can eat. If you cook too much, save leftovers in the fridge or freezer for another day.



A SERVING OF
PASTA



PIECE OF
MEAT OR FISH



A SERVING OF
CHEESE



A KNOB OF
BUTTER

MAKE A GREAT PLATE...

The diagram below shows how much of each kind of food you should eat to have a healthy, balanced diet...

33%

Eat plenty of bread, rice, potatoes & pasta

33%

Eat plenty of fruit & vegetables



12%

Eat some meat, fish, beans & eggs

8%

Have less food & drinks high in fat and sugar

15%

Have some milk & dairy foods

FOOD SEASONS

FRUITS

VEGETABLES

MEAT/FISH



SPRING

RHUBARB
MANGO
GOOSEBERRIES
APRICOTS

BEETROOT
CELERY & LEEKS
SPRING ONIONS
SPINACH
LETTUCE

LAMB
POULTRY
PORK
BEEF
WILD SALMON



SUMMER

STRAWBERRIES
CHERRIES & PEACHES
BLACKCURRANTS
BLUEBERRIES
MELON

CUCUMBER
PEPPERS & PEAS
SWEETCORN
AUBERGINE
TOMATOES

POULTRY
PORK
BEEF
MACKEREL
TUNA



AUTUMN

CRANBERRIES
RASPBERRIES
APPLES & PEARS
FIGS
PLUMS

CARROTS & ONIONS
BUTTERNUT SQUASH
BROCCOLI
CAULIFLOWER
SWEET POTATOES

POULTRY
PORK & BEEF
HADDOCK
CRAB
SEABASS



WINTER

ORANGES
LEMONS
POMEGRANATES

SPROUTS & CABBAGE
PARSNIPS
POTATOES
SWEDE
PULSES & BEANS

VENISON
POULTRY
PORK
BEEF
COD

Food is harvested when at its peak in flavour at certain times of year, which is usually when the food is available at its cheapest and freshest.

DISHES



ADD APRICOTS TO A LAMB DISH
USE BEETROOT TO ADD
COLOUR TO A SALAD
CONSIDER SPINACH IN A
CHEESY PASTA DISH



FRUIT SALAD WITH YOGHURT IS
REFRESHING IN SUMMER
TRY A SPAGHETTI BOLOGNAISE WITH
PEPPERS AND TOMATOES, OR USE
AUBERGINE TO MAKE MOUSAKKA



ADD RASPBERRIES TO AN
APPLE OR PEAR CRUMBLE
TRY MAKING A SPICED SQUASH SOUP
AS A WINTER WARMER
TRY CAULIFLOWER CHEESE AS
A SIDE TO YOUR SUNDAY ROAST



ROAST SWEDE, PARSNIPS AND POTATOES TO
ACCOMPANY A SUNDAY ROAST
ADD ROOT VEGETABLES TO A CASSEROLE
INCLUDE KIDNEY BEANS IN CHILLI



SPOT THE DIFFERENCE

See if you can spot our 6 differences!



GIANT FOODSEARCH

M	E	W	U	S	P	V	N	O	Y	Y	G	C	S	H
U	Q	J	O	Z	L	A	T	O	S	R	P	R	S	N
L	S	Z	P	N	Z	S	L	Y	M	I	E	A	O	E
M	I	L	O	C	C	O	R	B	N	V	U	L	N	Z
H	B	Z	M	A	K	M	K	S	O	Q	E	E	E	H
Y	R	R	E	B	W	A	R	T	S	M	K	D	O	C
T	O	Z	G	B	E	A	F	T	O	C	I	R	P	A
A	I	G	R	A	P	E	U	N	I	A	Y	O	Q	N
T	U	N	A	G	L	N	T	H	B	E	P	E	J	I
X	J	M	N	E	R	J	C	R	I	Y	D	S	H	P
O	A	S	A	E	P	N	E	Z	O	R	F	E	L	S
L	Q	R	T	U	D	O	O	N	I	O	N	E	W	Z
K	B	T	E	S	K	C	R	M	B	O	T	H	E	S
U	U	N	C	Q	D	O	A	K	L	T	Z	C	F	B
B	C	V	X	Q	L	N	N	R	U	A	F	W	O	Q
G	F	L	K	U	G	E	G	C	R	T	S	F	K	D
P	X	W	K	O	Y	N	E	B	A	O	S	I	K	S
T	J	H	I	C	Y	Y	K	A	V	P	T	L	Q	I
H	H	S	S	Q	X	J	T	W	N	T	S	S	Q	N
C	Y	M	P	I	I	H	L	H	D	X	S	D	X	G
E	R	U	H	Z	K	D	U	L	P	B	R	V	M	S
I	O	W	H	L	M	B	U	W	T	X	P	Y	N	A
N	R	B	M	E	W	H	P	J	O	J	B	A	U	O
E	Y	M	I	M	I	S	W	P	D	B	P	G	Y	M
C	S	W	B	J	F	Z	K	Y	X	O	W	Y	W	E

APRICOT
BEEF
BEETROOT
BROCCOLI
BUTTERNUT SQUASH
CABBAGE
CELERY

CHEESE
CHICKEN
COD
FROZEN PEAS
LEFTOVERS
LEMON
LETTUCE

MANGO
MELON
ONION
ORANGE
PARSNIP
POMEGRANATE
PORK

POTATO
SALMON
SPINACH
STRAWBERRY
SWEDE
TINNED CARROTS
TUNA

BALANCING YOUR DIET

THE NUTRITIONAL FOOD GROUPS ALL DELIVER DIFFERENT, BUT VITAL, NUTRITIONAL BENEFITS TO OUR BODIES.



FRUIT & VEGETABLES

Fruit and Vegetables are our main sources of vitamins and minerals, which the body needs to perform a variety of functions well;

- ▶ vitamin A helps to strengthen our immune system,
- ▶ B vitamins help us process energy from food,
- ▶ vitamin D helps us maintain healthy teeth and bones, and
- ▶ vitamin C helps to keep cells and tissues healthy. Steamed vegetables maintain a higher proportion of vitamins than boiled or fried vegetables.

Fruit and vegetables (eaten with the skin on) also contain high amounts of fibre which help to maintain a healthy gut and digestive system.

CARBOHYDRATES

- ▶ Starchy foods, also known as carbohydrates, provide our energy. Our bodies convert these foods into energy either immediately or stored for later.
- ▶ Carbohydrates also contain fibre (especially wholegrain), and iron which we need to make red blood cells to carry oxygen around the body.



MEATS

Meat, fish, eggs and pulses provide us with protein; our hair, muscles, nerves, skin and nails need protein to build and repair itself.



DAIRY

Dairy products are a great source of protein and calcium, needed to help blood to clot, and to build bones and teeth.



FOODS HIGH IN FAT/SUGAR

Fatty and sugary foods have a role to play, in moderation.

- ▶ Fat transports the fat-soluble vitamins A, D, E and K around the body, and cushions the internal organs.
- ▶ Sugar gives us energy, however, other sources of energy are a better choice for the nutrients they provide.



5 A DAY

It is recommended that you eat 5 different types of fruit or veg a day. Almost all types count; fresh, frozen, canned, dried, pure juices or smoothies. Potatoes don't count because they mainly contribute starch to the diet.

CHECK OUT OUR HANDY TIPS ON GETTING YOUR 5 A DAY:



Replace your snacks with a piece of fruit. A banana or an apple costs about half the price of most chocolate bars or packets of crisps too.

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Use out of date veg in stews, soups and casseroles, which you can freeze and eat another time.

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Use slightly out of date fruit to make delicious smoothies. There are lots of recipes to try online, or simply make up your own!

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Try frozen and dried fruit and veg as they are often cheaper, and ready to use when you need them, without becoming less nutritious.

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Stock up on canned fruit and vegetables, as they won't go off, so you can buy in bulk. Canned fruit and veg in water or juice, without added salt or sugar, are healthiest.



Swap ready meals for homemade alternatives. They can be healthier, and you can add extra fruits or vegetables.



LEFTOVER TURKEY CURRY



4

servings



15

minutes



35

minutes

METHOD

1. Heat the oil in a pan and cook the onion and red peppers for 10 minutes, until softened.
2. Stir in the curry powder and tomato purée then add the stock, chutney and tomatoes.
3. Simmer for 10 minutes over a medium heat.
4. Add the turkey; cook for a further 5–10 minutes till cooked through.
5. Stir the spinach into the curry and season.
6. Serve with the rice (cooked according to the packet instructions).

INGREDIENTS

- ▶ 1tbsp olive oil
- ▶ 1 onion, finely chopped
- ▶ 1 red pepper, sliced (or yellow or green if you prefer)
- ▶ 1tsp medium curry powder
- ▶ 2tbsp tomato purée
- ▶ 250ml chicken stock
- ▶ 1tbsp mango chutney
- ▶ 1 tin of chopped tomatoes
- ▶ 500g turkey, diced (or any meat chunks – perfect for leftovers!)
- ▶ 250g basmati rice
- ▶ 200g young leaf spinach, washed

ADD IN ANY LEFTOVER VEG, INCLUDING POTATOES!

**THIS WORKS FOR ANY TYPE OF LEFT OVER
MEAT OR FISH IN CHUNKS.**

HEALTHY SWAPS



Eat a whole grain breakfast cereal, or porridge, instead of a sugary coated cereal.



Have tomato- or vegetable-based sauces on your pasta instead of creamy or cheesy sauces.



Try 100% fruit juice (with no added sugar) mixed with soda water instead of a fizzy drink like cola.



Drink water or sugar free cordial instead of sugary drinks.



Choose leaner cuts of meat: e.g. swap streaky bacon for back bacon.



Cook meat in the grill rather than the frying pan.



Try whole grain varieties instead of white bread, pasta and rice.



Top your breakfast cereal with fresh or dried fruit, instead of sugar.



Try rice cakes topped with low-fat cream cheese or peanut butter instead of a chocolate biscuit.

WHAT HAPPENS TO THE FOOD WE

DON'T EAT?



If you have food left on your plate when you've finished eating, what do you do with it?

WASTE

Only throw away small amounts of food that isn't enough to have as another meal, or food that is old and out of date.

If you throw away the food into the bin, it is collected by your local council's bin lorry and is either taken to a giant hole in the ground called a landfill, where the food is left to rot away, or taken to a factory where the rubbish is burnt in large fires to make heat energy.

Where food is collected alone, or with garden waste, it can be sent for composting, which is the best option as it is more friendly to the environment.



V

COMPOST

Some people compost their food at home – this means you place your waste food, as well as any dead leaves and twigs, into a special compost bin in your garden and over time, the food and leaves turn into compost.

Compost is a type of soil that is full of goodness that plants need to grow.

When your compost is ready, you can use it in your garden!



USEFUL LINKS...

www.lovefoodhatewaste.com

www.seasonalfoodrecipes.co.uk

www.food.com/recipes/leftovers

www.nutrition.org.uk

www.nhs.uk/Livewell/healthy-eating

www.foodwastenetwark.org.uk

www.homecomposting.org.uk



Staffordshire
Waste Partnership

www.staffordshirewastepartnership.org

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