



THE FOOD WASTE DIARY CHALLENGE

How did residents in Greater Manchester find the two week challenge?

Food for Thought.....

Gema Thompson and Tom Broadbent who are residents in Manchester took on the challenge and discovered the alternatives to binning food.

Dear Diary.....

"I am actually really surprised about how much waste could be disposed of in a [compost bin](#) or [wormery](#)".

Gema also had the following useful tip and recipe "If you have any stale bread, grate it and freeze it, as the crumbs can be used as croutons."

A useful recipe idea is:

Half a cabbage- or any other random vegetables lurking in the fridge!

150g frozen peas

1 onion

Garlic Puree

Parsley

2 pints of chicken stock

1 packet of super noodles

Stick it all in a pan and leave for an hour on a low heat-done!



Lily Halton from Tameside was already vigilant about wasting food before completing the diary.

Dear Diary.....

"I am very careful when planning my shopping list; I list day by day what I will make for tea. However, I often buy extra on top of the list. I like to buy fresh but will use frozen vegetables if I know I might waste them. My main reason not to waste food is more to do with saving money. I think it is easier to cook for 2 adults. If there were kids I think there would be a lot more food waste because they are fussier about what they eat or they get full quicker".

Suzanne Strong, who was the applicant for Wigan, recorded her family's food waste over the two week period and struggled with portion sizes.

Dear Diary....

"I am struggling with getting the portions right, especially for the children. I am enjoying the experience of writing down what we are eating although it does highlight the limited diet that the children have and the struggle to get them to eat the same meals as myself and my husband. I have also noticed that I tend to buy items that are on special offer with a meal in mind, then I never end up making it and it ends up in the bin".

http://www.lovefoodhatewaste.com/perfect_portions

Quotes from other residents who took part in the diary.....

Lucy Rodgers from Stockport: *"Looking at the waste from the week, I am pleased that we don't waste much food. What leftovers there were we generally ate later on in the week."*

<http://www.lovefoodhatewaste.com/recipes>

Samantha White from Rochdale: *"Keeping a diary has made me think about the food that I waste and I have found that I am now wasting less. This could be that I've put more effort into planning the food that I am going to eat each week and I have stuck to it rather than deciding I don't fancy what I have planned, and buying something else instead"*

http://www.lovefoodhatewaste.com/save_time_and_money/two_week_menu

Samantha White from Rochdale: *“Even without a shopping list I wasn’t tempted by any two for one offers. I just kept thinking will I actually use that extra food if I buy it or will I end up throwing it away”.*

http://www.lovefoodhatewaste.com/save_time_and_money

Kathryn Greenough from Manchester: *“The past two weeks, overall I am seeing a big difference in the amount we put in the bin. I am just hoping it carries on, it will take time to change but the children are enjoying the home compost and I know they will carry this task on. I spend less time shopping and I am not as tempted to get something for the sake of it, I ask myself, do I really need 2 for the price of 1 offer”.*

Marilyn Ormson emailed GMWDA with some interesting tips on saving money and cutting down food waste- resulting in little to almost no waste at all!

- 48 weeks of meals planned used as a 'starting point' for the food shop. Each week's food is actually only for six days not seven to allow for eating out or a meal here and there stretches into another.
- Cooking double for example- Chilli is always made for four and half of it is frozen and this can be used for many other dishes similarly.....if you double up on pie contents- it is a perfectly fresh meal when you just add the pastry next time you use it!

“Generally I do a major shop every ten days or so. The plan isn’t set in stone- it is just very good at ensuring there is no wasted food- It is something you can make up gradually overtime and add to or change as and when I find new recipe ideas. It also means that we get a variety of meals. I also grow a few vegetables such as beans and tomatoes and herbs to save a few pennies and am even less inclined to waste those after I’ve nurtured them.”

Why not download a copy of the diary so that you can record your food waste! Hopefully saving you time and money!

<http://www.recycleforgreatermanchester.com/clientfiles/File/lfhw-food-diary.pdf>

Keep checking the site for more tips, recipes and quotes from the diary residents in Greater Manchester.

If you have any useful tips on reducing food waste as well as recipe ideas on what to do with your leftovers, then we would love to hear from you, please email

LFHW@GMWDA.gov.uk and we will add your information to www.recycleforgreatermanchester.com