

Cooking and Eating

Basic tips

- ✓ Cook the **right amount** of food for the people you are serving.
Try using a scale or a measuring cup to avoid frequent surpluses of pasta and rice.
However, those can always be the start of a summer salad or a great rice winter soup.
Be creative! [Find inspiration here](#) (scroll down for leftover recipes)



Photo Credit: Health.com

TIPS TO REDUCE FOOD WASTE

- ✓ Serve the **perfect portion**.
Unfortunately, overloaded dishes usually end up filling the bin.
Try serving your meals in a nice way to display an attractive food distribution.
The plate does not have to be full to look delicious.
Be also aware that not everybody eats the same amounts.
Adapt portions and plates to age and eating habits of each person.



- ✓ Follow a **smart food consumption pattern**.
Planning your meals and [shopping](#) when necessary is both healthy and good for your household budget.

Preparing your own food is also a way to connect with your inner “gourmet”.

- ✓ AS a general rule, use your **leftovers first**.
They can easily become part of a tasty meal and they are a great source of creativity to get inspired. [Give them a chance!](#)
Leftovers should not be kept for more than 3 days.

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Ready, steady, cook!

Eat all parts of fruits and vegetables that are still eatable. Remember to thoroughly wash them before eating.

Some vegetables **may not look as nice** as they did before, even if they are still eatable. Let **soups** and **stews** be your allies in this and they won't disappoint you.

Always **wipe clean** all your **pots** and **containers**. If some sauce tubes are harsh to squeeze just take your scissors and a spatula and enjoy the last bits of your favourite sauce.

If you live alone, cook several portions at once and **freeze them in individual portions**.

Remember to **defrost** your food **in the fridge** rather than in the microwave. The defrosting process will be more homogeneous in the entire product's surface and you will save some extra energy.

Do not forget to...

✓ Be aware of the **“use-by” date** of all of your food. Be creative and consume your perishables accordingly to avoid feeding the bin.

✓ Use **reusable air tight containers** to store your leftovers. Avoid using film paper or foil. Having a good bunch of air tight boxes will help you to give a better use to your food. Cheese and other dairy products can also be stored there and will certainly stand much longer and better preserved.

✓ **Let cool your food leftovers** before freezing them. Introducing warm food either in the fridge or in the freezer destabilises the cooling process because the machine needs more energy to keep temperature at the same stage. Be smart, save energy and place them in the windowsill for a while



Spaghetti Measurer from Love Food Hate Waste



Photo Credit: Randy Mayor, Cooking Light

Main sources: Love Food Hate Waste: Everyday essentials (england.lovefoodhatewaste.com/content/everyday-essentials)

Love Food Hate Waste: Can I have writing (england.lovefoodhatewaste.com/content/can-i-have-writing)

How stuff works (recipes.howstuffworks.com/fresh-ideas/easy-dinner-ideas/10-meals-to-make-from-leftovers.htm)