

# Reducing food waste for health & sustainability



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe reducing and repurposing food waste is healthy and sustainable for you and the planet



## Value your food waste & leftovers ...



Repurposing food waste and leftovers helps make the most of the precious nutrients, resources and energy used to produce the food. There are many smart ways to do this to ensure you get the most value from your veggies and other leftovers.

How reducing waste can be beneficial



5 simple tips to limit waste



- W** Write a shopping list - meal plan - and only buy what you need.
- A** Avoid bulk buying if you can't realistically use it all before it spoils.
- S** Shop the frozen & tinned aisles to supplement your fresh produce.
- T** Think before you bin it. Many scraps can be used in tasty soups & stocks, bakes & cakes
- E** Eat smaller portions. - you can always go back for more if you're still hungry. Or save the rest for the next day.

Reducing food waste can not only save you time and money, but it can be beneficial to your health and to the planet. Too often we throw away ingredients, scraps and peelings that could be incorporated into other dishes or repurposed. You could potentially be missing out on beneficial nutrients. The same goes for leftovers. These can be rolled into meals the next day or frozen for another time. Everything you bin comes at a cost, to you and the money spent on it, and to the planet and the carbon footprint food waste creates. Limiting waste can therefore help you get more from your food, save you money, and promote more food sustainability.



your freezer is your friend!

Make two meals out of one by batch cooking and stocking up on food safe freezer containers.