

# 25

## easy things

You can do to reduce your  
food waste & save money.

# Why care about “food waste”?

Well, when you waste food you are wasting money. That’s the first point.

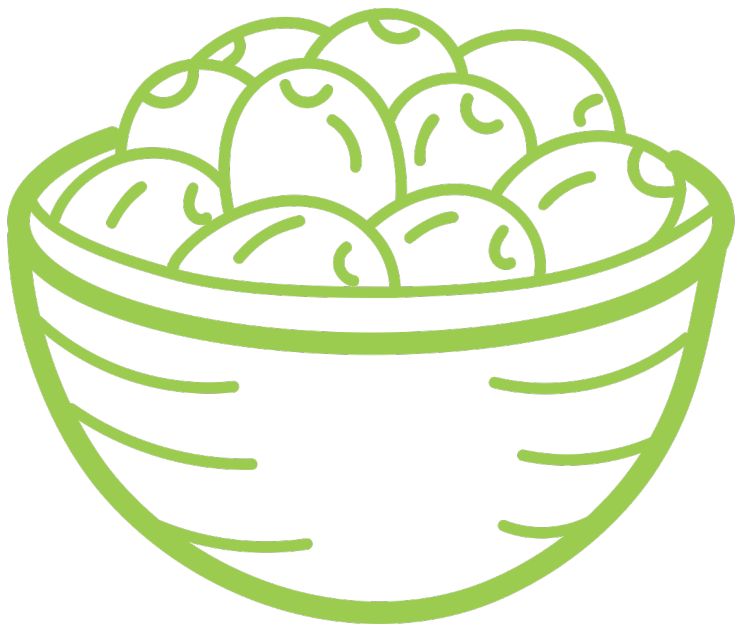
Secondly, when you waste food you are contributing to climate change. Every 1,000kg of food waste you send to a landfill emits 627kg of greenhouse gases.

If food waste was a country, it would be the third largest emitter of greenhouse gases in the world.

Food waste is a health hazard. When food rots it smells, attracts rats and flies, and oozes a leachate which pollutes our water sources.

The following tips will help you reduce your food waste and save money. This is not a complete list. Please email other tips to [info@earthprobiotic.com](mailto:info@earthprobiotic.com) (we’d love to make the list, like a circle, “bigger”).

And, after doing your best, you still have food waste?  
Compost it!



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# 1

## Plan ahead.

Plan meals and menus before shopping and stick to the list (good for waist and health too).



# 2

## The only date that's important is the “use by” date!

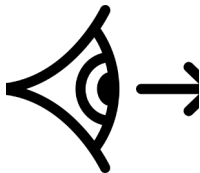
We often throw away perfectly good food, because these dates are confusing. The only date that's important is the “use by” one.



# 3

## Check before you shop.

How often have you gone off to shop and then bought items you already had? Checking your list before you go shopping is a good way to avoid “double shopping”.



# 4

## Don't send your husband to the store!

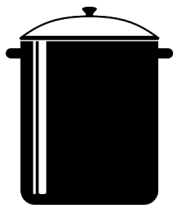
Research has shown that men are undisciplined shoppers who buy 40% more stuff than they need to (how many chilli, mustard, sauce, marinade, chutney bottles are 'aging' in your fridge?).



# 5

## Make stock!

All those vegetable peels, carrot tops, bones and left overs are full of flavour. Use them to make a delicious stock. You can use the stock to make a soup, gravy or—if you're a good cook—for risotto.



# 6

## Send your guests back with left overs.

These days, guests make a contribution to the meal. And that means we have lots of left overs (because guests are generous). Make sure that they go home with left overs (you'll never be able to eat it all!). So always have some reusable containers on hand.



# 7

## Feed the hungry.

If you've cooked too much, pack a meal and give it a "traffic light entertainer" or one of the security guards at your work or home.



# 8

## **Buy local and buy seasonal.**

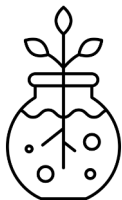
Food that's in season and from your neighbourhood will always be fresher and cheaper than imported foods. You'll also be supporting a local farmer and a local business.



# 9

## **Store your herbs in a glass of water.**

Just like cut flowers, your herbs will last longer when their stems are immersed in water.



# 10

## Check your freezer.

Freezers are great. Except when we forget what's in them. Make an effort to eat up your frozen meals before going shopping again.



# 11

## Reorganise your fridge.

It's very easy for stuff—especially if you've sent a man shopping—to hide behind bottles of pickles, yoghurt, jam and other 'aged' condiments. Periodically reorganise your fridge so that “what is hidden will be revealed”. Check the bottom shelf!



# 12

## Repurpose stale bread.

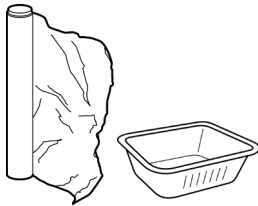
You can make bread crumbs. Or croutons. Or bread pudding. Or fry it up. Or just feed the birds.



# 13

## Store your food properly.

Food that's not stored properly goes off quickly and is attractive to rodents, roaches, flies and ants. Wrap it in wax paper; store it in reusable glass or plastic containers; invest in some silicon reusable storage bags; use tin foil (clean and then reuse it).



# 14

## Buy ingredients that can be used for many dishes.

Tinned tomatoes can be used in sauce, a stew, in pasta, to make chakalaka, in a rogan josh. So can many other essential ingredients like mince (vegan or otherwise). That special ingredient that you bought for that special meal, not so much.

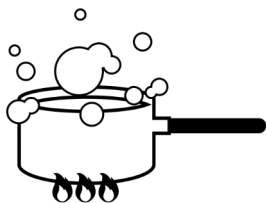


# 15

## Feed your cooking water to your plants.

For example, boiling peas leaves nutrients in the water. Use this nutrient rich water for your animals or as liquid feed for plants.

Salted water is good for gravies and other sauces (not for plants).



# 16

## Pack a lunch using the 'extra' you cooked.

When you cook your meal, think about your lunch the next day. Cooking for your 'take to work' lunch saves time and is also cheaper, and healthier, than buying a take away.



# 17

## Google “what do with leftovers?”.

Yes. There are many experts out there who love giving tips on all sorts of things. Including “creative ideas for leftovers”. You’ll be surprised at how many great ideas are just waiting to be discovered.



# 18

## Buy “loose” items (and don’t use the bag).

Yes, the pre-packed tomatoes and potatoes are convenient. But how often have the last few potatoes in the bag gone green and sprouted? Buy what you need from the fresh fruit and vegetable sections in the supermarket.



# 19

## **Bake & make smoothies.**

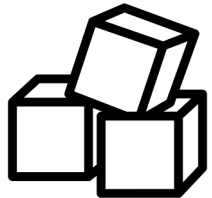
That brown soft banana? Don't throw it into your compost bin. Why not make a banana bread? Or a smoothie? Food you think is “off” is just looking for another purpose.



# 20

## The freezer is your friend.

There are always those times when we've bought too much. Don't let those herbs go to waste; just freeze them. Too many tomatoes and chilies? Make a spicy tomato sauce and freeze it for later. Too much basil? Turn it into ice cubes.

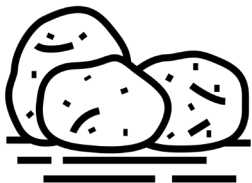


# 21

## Stay dirty.

Not you. But your fruit and vegetables. Cleaning your fruit and vegetables before you use them reduces their shelf life.

If you get potatoes with a bit of soil on them, just brush the soil off, and wash properly before you want to cook them.



# 22

## Love the ugly ones.

You'll start seeing "ugly" fruit and vegetables. At some stores these are sold at a cheaper price than the "perfect" ones. By buying the ugly one's you reduce food waste from stores and farms.

You'll also save some money.



# 23

## Grow your own.

Herbs are very very easy to grow on a sunny windowsill.

Then just pick what you need when you need it.

Try growing parsley, coriander, dill and mint from those that are leftover from your store bought packs.



# 24

## Don't overload your plate.

Keep your servings small. But encourage going back for seconds.

Remember what your Nana said: “Your eyes are too big for your stomach”.

Less waste on the plate is less waste in the bin.



# 25

## The last resort: compost it!

Using an Earth Bokashi food waste recycling bin, you can compost all your food waste including cooked and uncooked meat, bones, onions, citrus and other difficult to compost food.



Not only will you be saving landfill airspace and carbon emissions, you'll be recycling your food waste nutrients back to soil.

**Feed soil not landfills!**



**25 Easy Things** is a simple to-do list which can help you be more eco-positive in your buying and cooking.

**25 Easy Things** is full of easy tips to help you “just start doing good by doing one good thing”.

[info@earthprobiotic.com](mailto:info@earthprobiotic.com) | [www.earthprobiotic.com](http://www.earthprobiotic.com)