

Food Waste Hacks To Save the Planet



‘Cutting food waste is a delicious way of saving money, helping to feed the world and save the planet.’ Tristram Stuart

Looking at food waste statistics is confronting. But it is a good place to start because the effect is cumulative. If everyone reduces a percentage of their food waste, then we are moving in a really positive direction for the planet.

- In Australia, people discard up to 20% of their food (that’s 1 in 5 shopping bags);
- Up to 40% of the contents of household garbage is food;
- The average Australian household throws away just over \$1,000 worth of food per year.

Who are the biggest wasters?

- Families with children (Eeeek! That’s us!);
- Young adults (18 - 24 year olds);
- Households that earn more than \$100,000 p/a.

Why are we wasting so much food?

- We’ve lost confidence with knowing how to use leftovers;
- We buy too much (not sticking to a shopping lists or shopping when we’re hungry);
- We buy take away (at the last minute) instead of using the food at home ;
- We cook too much food;
- We don’t check the cupboard or fridge before going shopping;
- Throwing out food before it’s use by date;
- Incorrectly storing food;
- A large percentage of produce is rejected before it reaches market because it may not look perfect.

What is the impact of throwing food into landfill?

- When food begins to decompose, it releases methane gas which is 25 times more potent than carbon emissions;
- The hidden impact: the resources (like water, electricity and fuel) that are wasted to get your food from paddock to plate.



So, what can we do about food waste?

The good news is that we can control a lot of these variables and make a really valuable contribution by reducing our household food waste and protecting our planet. Even if you implement a few of these options, you will be contributing.

1. **Menu plan** (with the family) and shop with a shopping list (and eat before you go shopping, so you don't buy food you don't need);
2. **Do a stocktake of cupboards** and fridge before you go shopping, so you don't double up;
3. **Search by ingredient in the Klub recipes** for inspiration to make use of what you have left in the fridge, for example the Broccoli Stem Soup;
4. **Start a compost bin for your food scraps.** There are compost bins available for small spaces, like apartments. Some councils (like ours) have green bins, where you can put all your food waste - check what you can and can't put in your bins;
5. **Visit your local farmers market** - your produce will be fresh, flavourful and have less packaging;
6. **Introduce and integrate** some different cuts of meat into your meals, like liver which can be grated into bolognese;
7. **Eating leftovers** - pop them in a thermos for the kids lunch;
8. **Using discarded vegetable scraps** for vegetable stock (see recipe below);
9. **Join a bulk buying group** to reduce packaging;
10. **Eat less meat** - producing meat has a number of environmental impacts;
 - Land clearing to make way for livestock, which impacts gasses (co2, O2) as well as destroying natural habitats for other species of animals
 - Methane gas produced by cows and pigs (this creates as much gas as the whole world's cars, trucks and airplanes!)
 - Pollution of our waterways



Some recipes to reduce food waste:

Vegetable stock:

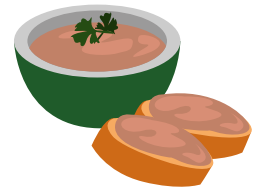
Keep your vegetable scraps in a sealed container in the fridge (onions, carrots tops, celery leaves, garlic, zucchini tops all work well). When you have 5-6 cups worth of scrap, place in a pot, cover with 3 litres of water, add some salt (10g), 2 bay leaves, bring to the boil and simmer for approximately 1 hour. Store in the fridge or freezer and use as a base for soups, stews or rice.

Broccoli Stem Soup: [Click here to access this recipe in the Klub.](#)



Organ meats are a powerhouse of nutrients - the original superfood! Liver is high in Vitamin A, D and iron making it a valuable ingredient to boost your families nutrient intake. You can disguise liver in a bolognese (start with grating 50-80g per 500g of mince) or try:

Chicken Liver Pate: [Click here to access this recipe in the Klub.](#)



And remember,

If you truly get in touch with a piece of carrot, you get in touch with the soil, the rain, the sunshine. You get in touch with Mother Earth and eating in such a way, you feel in touch with true life, your roots, and that is meditation. If we chew every morsel of our food in that way we become grateful and when you are grateful, you are happy.

Thich Nhat Hanh