



Love food, hate waste this Christmas.

Turn this card over for some Christmas reuse recipe ideas!

Saving food saves money. By making just a few small changes and using up the food you buy, you can make a big difference. A typical family of four could save as much as £70 each month by using up food instead of throwing it away, that's more than £800 a year.

We all like to indulge a little more at Christmas, but we end up throwing a lot away when instead we could be using it. Here's some great tips to help you save money, stop food from going off too quickly and reusing food for new, tasty dishes:

THE FREEZER IS YOUR FRIEND!

- Freeze everything from fruit, veg, cheese and leftover meat and simply thaw overnight in a container when you want them
- Bread goes off quicker if you keep it in the fridge; instead freeze bread and either toast slices or thaw them when you are feeling hungry
- You can freeze milk in ice cube bags or trays and simply pop a cube in your tea or coffee when you fancy a brew
- Don't scrape those leftover Christmas dinner trimmings in your food caddy, just freeze your leftover veg and meat – they'll make a lovely bubble and squeak when cooked together

Visit www.lovefoodhatewaste.com for advice and tips on how to reduce food waste and save yourself money at the same time!

USE BY OR BEST BEFORE? UNDERSTANDING LABELLING.

- 'Use By' - Only put food in your food caddy once it is past its use by date. If you froze a meal before its use by date, this is fine to eat but make sure you eat it within 24 hours of defrosting
- 'Best before' – These dates are only a guideline; the food is fine to eat after this date
- 'Display until' – This is simply a guide for shop staff and is not the date you should eat the food by





Here's some recipes for your Christmas leftovers to help you reduce the amount of food waste:

Roast potato, turkey, sausage & stuffing pie

1 tbsp olive oil
knob of butter
Onion, sliced
Leftover sausages or chipolatas (up to 6)
2 tsp mustard powder
50g plain flour
1 chicken stock cube, crumbled
150ml white wine
500ml leftover gravy or chicken stock
Leftover stuffing balls (up to 6)
300g leftover cooked turkey
1 tbsp mustard
100g crème fraiche
tsp chopped parsley
800g leftover roast potatoes
20g leftover cheddar, grated

1. Pre-heat oven to 200C/180C fan. Heat butter and oil in a casserole dish, add onion and cook for 10 minutes until soft
2. Stir in mustard powder, flour, stock cube for 1-2mins then add white wine, stirring all the time for one minute, then add the stock. Stir to make a smooth sauce, season and simmer for 5 minutes
3. Cut sausages into chunks, add the sauce then the turkey, mustard, crème fraiche and parsley. Bring to a simmer then remove from the heat
4. Crumble the roast potatoes over the top, then scatter with cheese and bake for 40 minutes

Stilton & cranberry toasties

2 slices of bread
Large knob of butter
50g leftover stilton
1 spring onion, sliced
1-2 tsp cranberry jelly

1. Butter both sides of the bread and make into a sandwich with the spring onion and cranberry jelly, keeping the butter on the outside
2. Fry in a non-stick frying pan or griddle for three to four minutes each side on a low heat so the cheese melts gently as the bread becomes golden and crunchy

Leftover Christmas pudding ice cream

1 litre tub of vanilla ice cream, slightly softened
Leftover Christmas pudding
Toffee sauce or amaretto

1. Put the ice cream into a food processor and whizz until smooth
2. Fold in the Christmas pudding and put the mixture into a freezer proof container
3. Freeze until set, then serve in bowls with the toffee sauce or amaretto

