

## 50 WAYS TO MAKE FOOD GO FURTHER

Does food in your cupboard go off before you can eat it? Do you cook too much food and end up throwing half away? Or come back from the shops with food you didn't need?

If so, check out Derbyshire County Council's guide to find '50 ways to make food go further'. It's full of quick tips, brilliant tricks and an A-Z of ideas to make your food last longer which helps to reduce food waste and save you money.

You can pick up a copy at your local library or take a look online at [www.derbyshire.gov.uk/50ways](http://www.derbyshire.gov.uk/50ways) where there's also a chance to win £100 towards your weekly shop.

Here's 10 top tips:

- Potatoes don't like onions. Onions give off a gas which spoil potatoes. Onions are best stored in dark, cool, dry areas – but not the fridge.
- Take the temperature test – set your fridge temperature to between 0-5 degrees centigrade to help preserve food for longer.
- Broccoli stalks taste great too. No need to throw away. Just peel, cut lengthways and boil up with the rest.
- Keep celery, spring onions and asparagus fresh by storing in a jar with about an inch of water and place in the fridge.
- Keep bananas away from other fruit as they will make them rot more quickly and don't store them in the fridge.
- Know the difference between 'use by' dates which are about safety and 'best before' dates which are about quality.
- Give green beans a new lease of life by dropping them into boiling water for a few minutes and then cool quickly in a bowl of cold water and add to salads for extra crunch.
- Lettuce and bagged salad lasts longer stored in an air-tight tub lined with wet kitchen roll.
- Too much milk on the go? Freeze it. Just pour a little out of the bottle first to give it room to expand and give it a good shake once it's defrosted.
- Know your portion sizes. It's easy to cook too much foods such as pasta and rice. Measure about 60g or ¼ mug of uncooked rice for an adult portion and use a spaghetti measurer to help measure out enough pasta.

Councillor Simon Spencer, Derbyshire County Council's Cabinet Member for Highways, Transport and Infrastructure, said: "Nearly 20% of the food we buy is wasted which is like throwing away one bag of shopping for every five bought.

"But with a bit of know-how you can make your food go further just by storing it correctly and knowing some simple ways to use up food that might otherwise end up in the bin.

"Around a third of the waste Derbyshire households throw in their non-recycling bin is food. That's around 63,000 tonnes a year and it costs council tax-payers £6.3m a year in disposal costs.

"This handy booklet is great to keep in your kitchen or bookmarked on your phone as a quick and easy guide.

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