

# Parent Guide

## How can I use this with my children?

Read through these information sheets with your child to find some brilliant ways to reduce food waste at home. Ideas include using leftovers in family meals and simple ways to avoid throwing away food that could be reused elsewhere.

## How does this help my children's learning?

Encourage your child to get involved with some of the ideas suggested here as a way to introduce them to the concept of sustainability.

## Ideas for further learning:

Why not try making a weekly meal plan together? You could use it while shopping and encourage your child to tick items off as you get them to help you only buy food that you need.

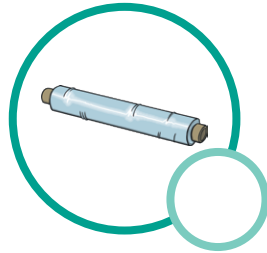


# 16 Ways to Reduce Food Waste

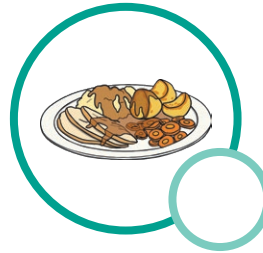
Tick off or stamp each time you try one of these ideas. See how many become part of your routine.



Weekly Meal Plan



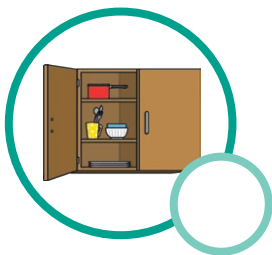
Store Your Food



Home-Made Stock



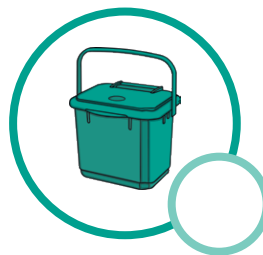
Leftover Vegetable Soup



First In, First Out



Portion Size



Monitor Your Food Waste



Use by or Best Before



Compost Bin



Overripe Banana Muffins



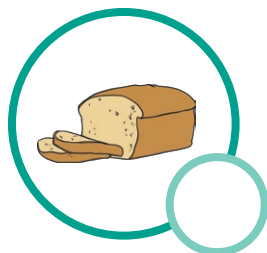
Gardening with Eggshells



Skin on Vegetables



Doggie Leftovers



Freeze Your Bread



Freezer Tapas



Feed the Birds Leftovers

# 16 Ways to Reduce Food Waste

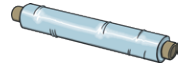
1.

Plan your menus on a weekly basis and take a shopping list to the supermarket so that you only buy what you need.



2.

Think about how you store food, making sure that you are keeping it as fresh as possible; for example, by using airtight containers to store crackers or biscuits.



3.

When you've had a roast chicken, make stock with the bones. You can find a recipe [here](#).



4.

Make soup with vegetables and salad leaves that are looking a little tired. You can find a recipe [here](#).



5.

Follow the 'FIFO' principle – 'first in, first out'. When you're putting away the shopping, put newer stuff at the back and move older stuff to the front. This reduces the chance that food will pass its 'use by' date and have to be thrown away.



6.

Think about portion size. Research how much of different foods is considered a portion for men, women and children, and serve accordingly. This could benefit your health too.



7.

Monitor the food you throw away for a week. Notice if there is anything you throw away a lot of, such as bread or fruit, and use this information to change your shopping or cooking habits.



## 16 Ways to Reduce Food Waste

8.

Know the difference between 'use by' and 'best before'. 'Use by' means you should discard anything that is past the date and should not be consumed. 'Best before' is a recommendation; trust your judgement - if it looks and smells OK, it is OK!



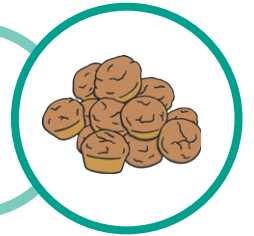
9.

Compost your fruit and vegetable waste. Many local authorities will provide you with a compost bin. You can also add grass clippings, garden waste and even shredded paper.



10.

If you have bananas that are getting a little too ripe, make them into a banana cake – find the recipe [here](#). You can also freeze overripe bananas and use them when you have time to bake.



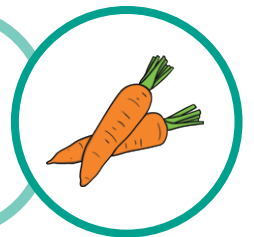
11.

Bake eggshells in the oven until crumbly. Break them up and add to your compost. Alternatively, place crushed eggshells around the base of plants in your garden – slugs and snails hate them and will stay away.



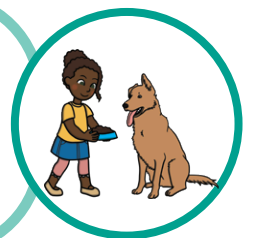
12.

Use as much of a fruit or vegetable as possible. Leave the skins on potatoes, cucumber, carrots and apples, and use the stems as well as the florets when cooking with broccoli or cauliflower. Bonus: this means you are getting more nutrients as well.



13.

Dogs will happily eat leftover cooked vegetables, such as carrots, sweet potatoes, spinach, green beans and sprouts. They can also try fruits such as apples and melon. You should not give them onions, garlic, mushrooms, avocado, grapes, raisins or rhubarb, however, as these can be toxic.



## 16 Ways to Reduce Food Waste

14.

If you often find yourself with mouldy bread, try freezing half the loaf and taking it out when you need it. You can also successfully freeze cheese and milk.



15.

Freeze leftovers, such as casseroles and pasta sauces. There may not be enough left for the whole family, so have a 'freezer tapas' night every so often. Take out and reheat all the leftovers, serve along with accompaniments, such as bread, pasta or potatoes, and let people help themselves to a bit of everything.



16.

Feed the birds in your garden with leftover foods. Try grated cheese, finely chopped bacon, fat from unsalted cuts of meat, cooked rice, dry cereal, breadcrumbs, leftover pastry, cake crumbs, cooked potato, dried fruit or cut up apples and pears. Do not give garden birds leftover cooking fat, cooked porridge or food that is mouldy.



These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

If you enjoyed this resource, why not try...

Free Parent Mixed Ages Taster Resource Pack

Free Times Tables Fact Fluency Practice Pack to 12

Free Parents' Taster Pack for Children Aged 5-7

Free EYFS/Reception Twinkl Handwriting Taster Pack

Free Parents' Taster Pack for Children (Birth to 5 Years)

Free Parents' Taster Pack For children Aged 7 - 11

Tricky and Common Exception Words Worksheets

Number Formation Tracing Strips 0-20

Dinosaur Addition within 10 Activity Sheet

KS1 Addition and Subtraction Maths Activity Sheets

The Very Hungry Caterpillar Pencil Control Activity

If you need us, just get in touch -  
contact [twinklcares@twinkl.co.uk](mailto:twinklcares@twinkl.co.uk)  
visit [twinkl.com/parents](https://www.twinkl.com/parents)

Explore and Discover More

twinkl