

# TOOLKIT

You're losing money because food is being wasted. If this resonates with you, then we've made it easy to make a start with a list of things you can do to create a waste-free kitchen.

## Be Litter Free in the Kitchen

### ✔ AUDIT YOUR WASTE

Take a close look at what you're **putting into your rubbish**, food waste, compost and recycling bin and decide to reduce the things you're tossing.



### ✔ MAKE A SHOPPING LIST

When you know exactly what you came for, you'll be less likely to over-shop or buy on impulse which can lead you to waste both food and money.



### ✔ BRING REUSABLE CONTAINERS WHEN BUYING BULK ITEMS

Places like the **Green Weigh: [www.thegreenweigh.co.uk](http://www.thegreenweigh.co.uk)** and **Waste Not Want Not: [wastenotwantnotbridport.co.uk](http://wastenotwantnotbridport.co.uk)** encourage customers to bring reusable containers to reduce their carbon footprint. Awesome!



### ✔ BE CONSCIOUS OF WHAT YOU BUY

Choose products with less (or no) packaging. This trend is gathering pace at supermarkets so buy plastic free if you can and leave the plastic at the checkout!



## Be Litter Free in the Kitchen

### ✔ SAVE THE SCRAPS

Save vegetable scraps, bones, and leftover herbs in the freezer until you have enough to make your own stock for soups and stews.



### ✔ THE SWEET SMELL OF SUCCESS

Ever thought of 'repurposing' citrus peel to make a scented, all-purpose cleaner. This trick makes use of food waste and saves buying a plastic bottle of cleaning product!



### ✔ REPLACE PLASTIC WRAP WITH BEESWAX FOOD WRAP

Switch cling film for beeswax wrap, which keeps food fresh *and* is washable, reusable, and compostable. Any job plastic wrap would normally do, beeswax wrap usually has it 'covered' or make your own its simple: [www.countryfile.com/how-to/crafts/make-beeswax-wraps/](http://www.countryfile.com/how-to/crafts/make-beeswax-wraps/)



### ✔ CREATE AN 'EAT ME FIRST' BIN IN YOUR FRIDGE

Place any items that need to be eaten sooner rather than later in a designated bin in your fridge. Simple. No more forgotten foods left to rot at the back of the bottom salad drawer!

