

M&S
— FOOD —

**Top tips to tackle
waste in the kitchen**

Our chef's tips and hacks...

... will help you to reduce food waste and take your food to the next level.



Get your kitchen ready

Organise your cupboards and fridge so you can see what you've already got. Bring food that needs to be used first to the front.



Write a meal plan

When you know what food you have and what needs to be used soon, it's time to decide what you want to eat. Write a mouth-watering [meal plan](#) to make the most of what needs to be used up. You'll then be in good shape to draw up your shopping list.



Shop smart

Write a shopping list and hit the store safe in the knowledge that you won't be spending on things you don't need. If you're an online shopper it couldn't be simpler. [Ocado/ M&S](#) recipes help you to sort by ingredient type, you can put any extra ingredients you need straight into your basket.



Portion perfectly

Portion perfectly to make it less likely that anything you cook will go to waste. You can cook enough for the meal you're about to eat or prepare more and then fridge or freeze it to save time another day. [This](#) portioning guide will help you make sure that not one grain of rice or roast potato goes to waste.



Know your labels

Have you ever been confused by whether food is good to eat? You're not alone. Food past its best before date is still perfectly good to eat, provided it looks and smells good. Use-by relates to food safety and food past its use-by should not be eaten unless frozen before this date as the freezing process is like a pause button.



Love your leftovers

Store leftovers in the fridge, if you plan to eat in the next two days (one day for rice) or in the freezer if it's longer than that. Cool leftovers as quickly as possible (ideally within minutes) then cover and freeze or refrigerate. Label your leftovers (unless you like a pot-luck dinner) and defrost them properly before turning into a tasty meal.

Defrost leftovers in the fridge overnight, or in the microwave if you intend to cook them straightaway. Eat leftovers within 24 hours of defrosting and do not refreeze. The only exception is if you're defrosting raw food, such as meat or poultry, once it's cooked it can be refrozen.



Check your temp

Set your fridge temp to 3°C - 5°C and your freezer to -18°C.



Eat from root to shoot

Using every edible part of a fruit or vegetable is not just a food waste buster, it will also bring flavour to your table to take your food to that next level. Try experimenting with a [fermented pineapple skin tepache](#) or a [carrot top pesto](#).



Use technology to reduce food waste

You could try [Kitche](#) to keep up to date with the food you have in and when to use it by. There are also lots of recipe ideas to make use of the food you have.

You could use [Bring!](#) or WhatsApp to easily create and share shopping lists with your family, partner or flat mates.

Try [Olio](#) to reduce food waste by connecting with those who could use your surplus, or the other way round.

Store it right

Storing food in the correct way helps it to last longer which is good for your pocket, the planet and your tastebuds. Below is advice on how to store some of the most wasted foods. Love Food Hate Waste have a handy A-Z of food storage with even more information. Check it out [here](#).



Fruit and vegetables

Should be kept in the drawer at the bottom of the fridge (in original packaging or a loosely tied bag). The exceptions are onions, potatoes, bananas, mushrooms and whole pineapple, which should be kept in a cool and dark place, but not the fridge. Why not try a [fridge forage stir fry](#)?

Keep potatoes and onions separate as onions can give off a gas that makes potatoes start to go off. Bananas should generally keep their distance from other fruit and veg. For squidgy bananas try this [breakfast banana bread with a honey and cereal topping](#).



Salad

Wrap salad in a loosely tied plastic bag and keep it in the bottom drawer of your fridge. Do you have a surplus of salad and bread? Try a [fattoush](#).



Meat and poultry

Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge (above the bottom draw where the veg lives). Leftover bacon and chicken? Make a [Cajun chicken and bacon salad](#).



Bread

Is best kept in a cupboard or bread bin, but not in the fridge. Slice and freeze your bread for a constant supply of fresh toast. Have a bit too much bread? Make a [pappa al pomodoro](#) or [summer pudding](#).



Cheese

Keep cheese in re-sealable packs or a tub to prevent it drying out. Most cheeses freeze well, and hard cheese can be frozen - grated or whole! Follow this [macaroni cheese](#) recipe for a cheesy treat.



Eggs

Should be kept at a constant temperature below 20°C. Want to know if your egg is still fresh? Float it in a bowl of water. The least fresh will float to the top whilst newer eggs will sink. Take a journey to Mexico with this [huevos rancheros](#) recipe.



Cereals, pulses, grains

Store your dry goods in glass jars or in plastic containers. This keeps them fresher for longer and makes it easier to see how much you have. Love lentils? Cook a [mushroom and lentil bolognese](#).



Fresh herbs

Store loose leaves in a bag, in the salad drawer of the fridge. The exception is basil - keep it out of the fridge or it will turn black. Herb pots of chives, coriander, dill, mint, oregano, parsley and rosemary should be kept away from extremes of temperatures on the windowsill. Try this flexible recipe for [pesto and pine nut pasta](#).