

Can you use up your ageing bread?

Did you know that household food waste amounts 7.1 million tons (mt) annually compared to 1 mt from cafes/restaurants/pubs and 0.3 mt from shops and supermarkets?

(These are pre-covid 2018 figures from DCC Resource and Waste Management Strategy)

Bread, potatoes and chicken are the foods households throw away the most.



As Jamie Oliver says:

"There might not be anything particularly sexy about a bit of stale bread, but some of the best recipes in the world are based around this store-cupboard hero. Blitz into breadcrumbs to use in puddings, meatloaf or stuffing, flavour with garlic and herbs to sprinkle over pasta or risotto, or use it to coat chicken or fish. You could also tear it into chunks and bake for rustic croutons to top soup and salads, or use it to make a beautiful panzanella salad. "

Have a look at Jamie Oliver's website (and those links) for some recipes to use up stale bread.

<https://www.jamieoliver.com/features/leftover-heroes-stale-bread/>

Here's some further information and see the websites below.

- **The average family of four can save just over £60 per month by reducing their food waste**
- **Every day in UK homes we throw away approximately: 20 million whole slices of bread (equivalent to 1,000,000 loaves at 20 slices per loaf)**

Do you have a recipe to you would like to share that uses up food left overs?

If you do please email it to robinandjill@phoncoop.coop and we will post it on the SCEnSus page and maybe even build up a Sampford Courtenay Recipe book of "Great Use-Up Recipes"!

<https://wrap.org.uk/resources/report/food-surplus-and-waste-uk-key-facts>

<https://www.lovefoodhatewaste.com/why-save-food>

Some tips for using leftover foods

<https://www.theguardian.com/profile/tom-hunt>