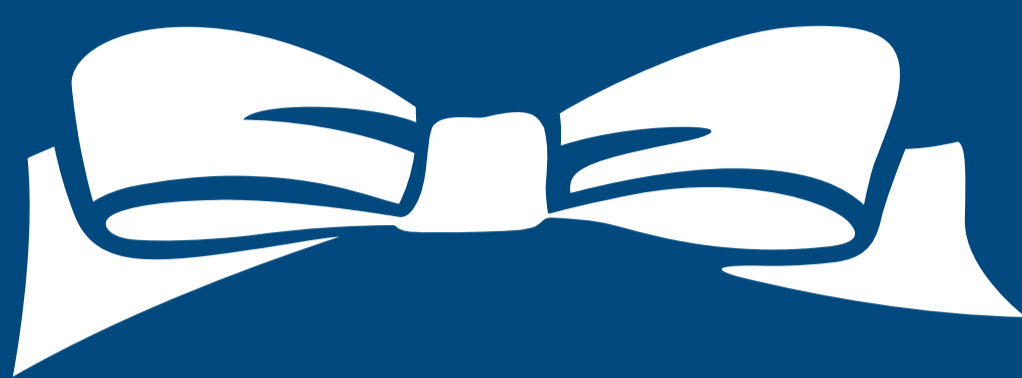


HELLMANN'S

EST. 1913



**F**   **D**  
**WASTE**  
**HACKS**

• START YOUR JOURNEY •

**HERE**



**70%**  
**OF FOOD  
WASTE HAPPENS  
AT HOME**

**10**  
**MILLION  
TONNES  
OF FOOD  
IS WASTED  
IN THE UK  
EVERY YEAR**

**1** IN **6**  
**BAGS  
OF  
SHOPPING  
GO TO  
WASTE**



• WE'RE ON A •  
**MISSION**

Food Waste in the UK is a massive environmental and societal problem. If global Food Waste was a country, it would be the third biggest source of Green House Gas emissions after China and the US.

At Hellmann's we believe that food is simply too good to waste. That's why we're on a mission to create a nation of food lovers that say Yes to taste and No to waste.

We've created this handbook to give you practical tips, hacks & recipes to help reduce your food waste and you save money in the process.

As 70% of food waste occurs in the home, it's up to each of us to play our part in tackling this enormous environmental problem.



• BACK TO •

# BASICS



Let's get back to basics.  
There's a few really simple things you can  
do to ensure that there's less waste coming  
from your household.



• STARTING •

# WITH



• THE BASICS •  
**TAKING STOCK**

While 70% of people check their fridge before going food shopping, half forget what's in there once they get to the supermarket. Taking stock should be at the top of your agenda when you're planning your next shop.



**DON'T DOUBLE UP**



See what you already have at home before your food shop. Don't buy things you already have.



**KEEP TRACK OF YOUR FOOD**



The back of cupboards can act like vacuums. Be sure to keep an eye on which things go off soonest and move them to the front. Putting things in clear tubs is handy too – it's like a constant reminder of what food you have left to use.



**SHOP WISELY**



As enticing as bulk food deals may be, steer clear of them if you're not going to realistically eat it all.



• KNOW •

# YOUR LABELS

Every year, around half a billion pounds worth of food is thrown away from homes linked to a Best Before date – that’s 180,000 tonnes. We need to chip away at this mountain of waste, and knowing the difference between ‘use by’ and ‘best before’ is half the battle.



**USE  
BY**



Refers to your safety. It’s the biggie. You must not eat food that’s past this date.



**BEST  
BEFORE**



Refers to quality. This one is a judgement call. Food after this date may not be at its best anymore but should still be safe to eat for a few more days.



• USE •

# YOUR FREEZER

Only a third of us refer to on-pack information about whether food can be frozen. Those that do, know it doesn't just reduce waste, it's convenient too. Win-win. We should all be doing it more.

**GET INTO THE HABIT OF HAVING  
FREEZER BAGS HANDY AT HOME.  
THEN YOU CAN:**



## FRUIT

Pop your fruit in them (almost all of it can be frozen) and store in the freezer. Grab a handful the next time you make porridge or a smoothie.

## CHEESE

Grate up cheese, stick it in a bag and sprinkle away for pizza night or for your lunchtime toastie.

## CHICKEN

Cut chicken into thin strips, freeze them laid out on a tray, then pack into a bag. The main ingredient of your next stir-fry sorted.



• PORTION •

# CONTROL

////////////////////////////////////

A Danish survey showed that if the plate size is reduced by just 9%, the food waste can be reduced by over 25%. We've all been guilty of eating with our eyes.

A couple things we can all try:



## USE SMALLER PLATES



If you eat the same amount of food from a smaller plate than a bigger plate you'll be left feeling more satisfied. A neat trick. Less space on your plate means less portion overloading too.



## SET ASIDE LEFTOVERS BEFORE YOUR MEAL



Cooking for more than just one mealtime? Portion out tomorrow's lunch before you sit down for tonight's dinner. You'll find it easier to stop eating once there's no more food on your plate.





• SMART •

# COOKING

Looking for ways to make your life easier in the kitchen? You're in luck. We have a pair of nifty cooking methods that will do just that.

• BATCH COOKING •



• ONE-POT COOKING •

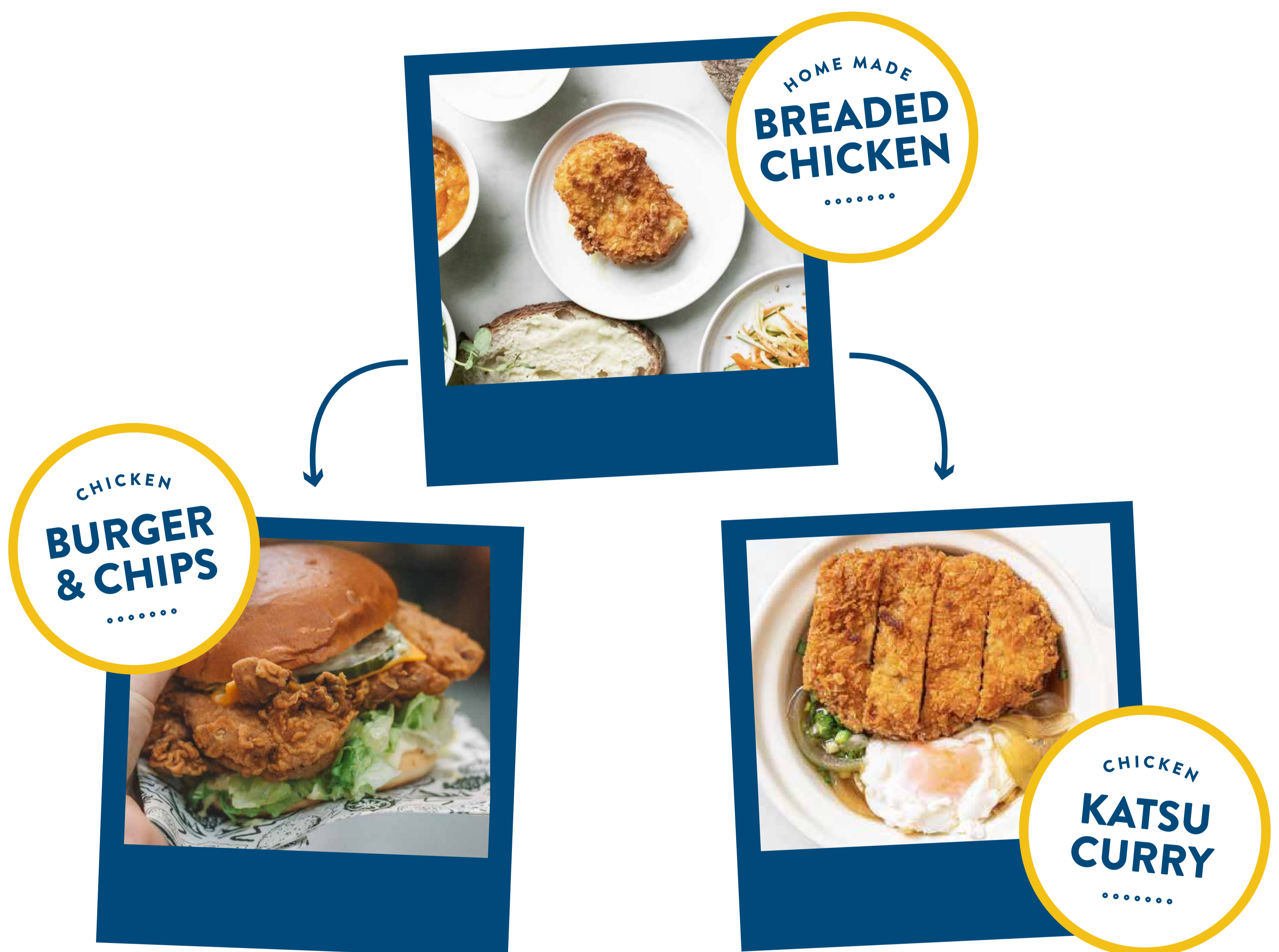


• BATCH •

# COOKING



Not only will this cut down on your spending, but it'll cut back on how much you waste and the time you spend in the kitchen. What's not to love?



The idea here is to use a limited set of ingredients, turn them into two hugely enjoyable, different meals, and save yourself time and money. All it takes is a centrepiece – like homemade breaded chicken or roasted aubergine – adapt it slightly and voila.

• FOOD WASTE •



• BATCH •

# COOKING

A little inspiration  
to get you going:

## 2 MEALS FROM 1



### BATCH COOK CENTREPIECE

### MEAL 1

### MEAL 2

Homemade Breaded  
Chicken



Chicken Burger  
& Chips



Chicken Katsu  
Curry

Homemade Baked  
Beans



Cajun Bean Stew



Breakfast Shakshuka

Classic Beef Ragu



Mexican Burrito  
Bowl



Cottage Pie

Tray Baked Chicken



Spicy Chicken &  
Cauliflower



Zingy Chicken  
Salad

Roasted Aubergine



Aubergine &  
Halloumi Pie



Pulled Aubergine  
Taco

Roasted Lamb Joint



Classic Lamb Roast



Hearty Lamb  
Curry

Baked Salmon Fillets



Pesto Salmon  
Pasta Bake



Summer Salmon  
Salad



• ONE POT •

# COOKING



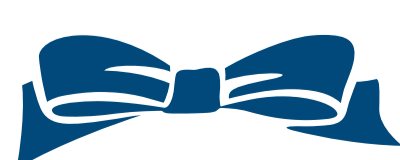
## HASSLE-FREE, FLAVOURFUL MEALS

All you'll need here is, you guessed it – one pot. This is the ultimate in simple yet delicious cooking. Whether you're making a quick mid-week meal, like a pasta one-pot, or you're going the distance with a slow-cook chilli, the end result will be a hit. Any leftovers you can pop in the fridge and come back to. The best part? There'll barely be any washing up to do.



*Here's our one-pot pasta to give you a little taste.*

[VIEW RECIPE](#)



# MEAL PLANNER

DAY	MEAL
MON	Sundays left over lasagne
TUE	Risotto, use the green beans and mushrooms in the fridge.
WED	Defrosted Salmon, new potatoes & broccoli, cheese sauce.
THU	Thai green curry - defrost chicken breasts.
FRI	
SAT	
SUN	

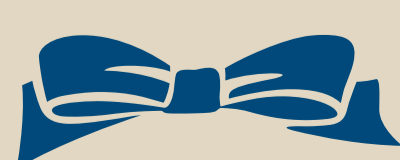


HELLMANN'S  
EST. 1913

Putting together a weekly menu not only gives you meals to look forward to, but it's another great way to reduce food waste.

**PLAN AWAY**

**DOWNLOAD**



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• HOW TO USE YOUR •

# MEAL PLANNER

---

Mondays are perfect for using up any leftovers you have from the weekend. Cooked up a roast on Sunday? Finish it off, with pleasure.

---

Go with our 'Batch Cooking' method during the week and rustle up two meals with one hero centrepiece. That's Tuesday and Wednesday ticked off.

---

Thursday's a good time to see what you have left in your fridge and kitchen cupboards. Round it all up and throw together a meal. Turn to our one-pot meals for some ideas.

---

We all love ordering food in on a Friday night, but before you do, just double-check what food you still have at home. There's always Saturday for your favourite takeaway!

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YOUR PLANNER

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[DOWNLOAD](#)

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THE AVERAGE  
FAMILY OF 4  
WOULD SAVE

**£60**

**A WEEK**

IF THEY  
REDUCED THEIR  
FOOD WASTE



# MOST WASTED

TIPS FOR USING UP THE UK'S MOST WASTED FOODS

**REWARD: BOUNTIFUL SAVINGS**



## FRUIT

Mushy and ripe bananas are ideal for baking, heat berries in a pan with honey or sugar to make a lush compote, turn your apples into sauce to go with pancakes or your next pork roast.



## VEG

Bubble & Squeak (who says it's just for Christmas!) is a great way to use up literally any veg you have lying around. Chop, fry, and throw in an egg or two if you're feeling adventurous!



## BREAD

Don't worry if your bread goes stale, it'll make the perfect breadcrumbs & croutons which you can use for crunchy coatings and toppings.



## SALAD

Use your pestle and mortar and bash salad leaves into a pesto with some nuts and olive oil, or blitz and turn into a light soup with other greens like cucumber and avocado.



## MILK

It can easily deceive, so give it a little taste before pouring it down the sink as it might still be fine, and if it's a tad sour you can still use it for pancakes.





• DR RUPY'S LEFTOVER •

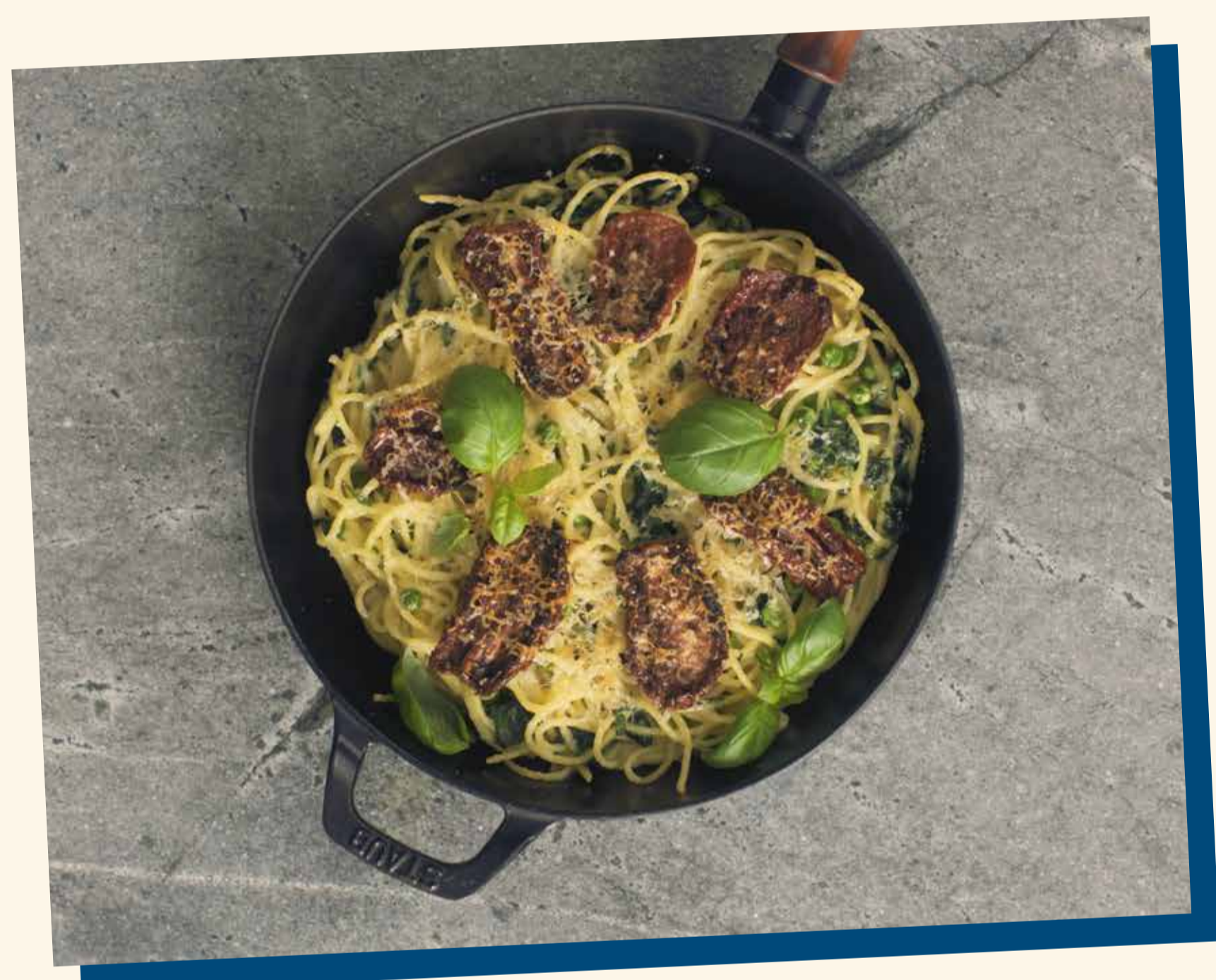


# PASTA FRITTATA

SERVES 4 | 15 MINS

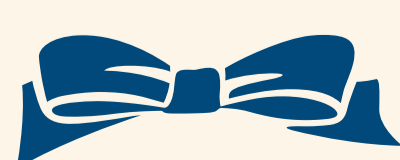
## METHOD

1. Preheat your grill to 200c
2. Beat the eggs with Hellmann's real mayonnaise and half the parmesan. Stir in leftover pasta and vegetables, breaking apart with a wooden spoon if necessary. Season to taste.
3. Heat a tablespoon of oil in a medium sized frying pan on a medium heat. Add the pasta mix, lightly pressing down so that the pasta is evenly distributed. Cook for 4-5 minutes until the bottom is set and lightly golden.
4. Place tomatoes on top and sprinkle over the remaining cheese. Place under a hot grill for another 3-4 minutes or until the egg is set and the cheese is bubbling.
5. Tear basil over the frittata and serve in slices, warm or at room temperature, with a green salad.



## INGREDIENTS

- 400g leftover cooked pasta
- Around 100g leftover cooked vegetables, chopped
- 4 large free-range eggs
- 2tbsp Hellmann's real mayonnaise
- 60g parmesan
- 1tbsp olive oil
- 8-10 sun-dried tomatoes
- Fresh basil, to serve

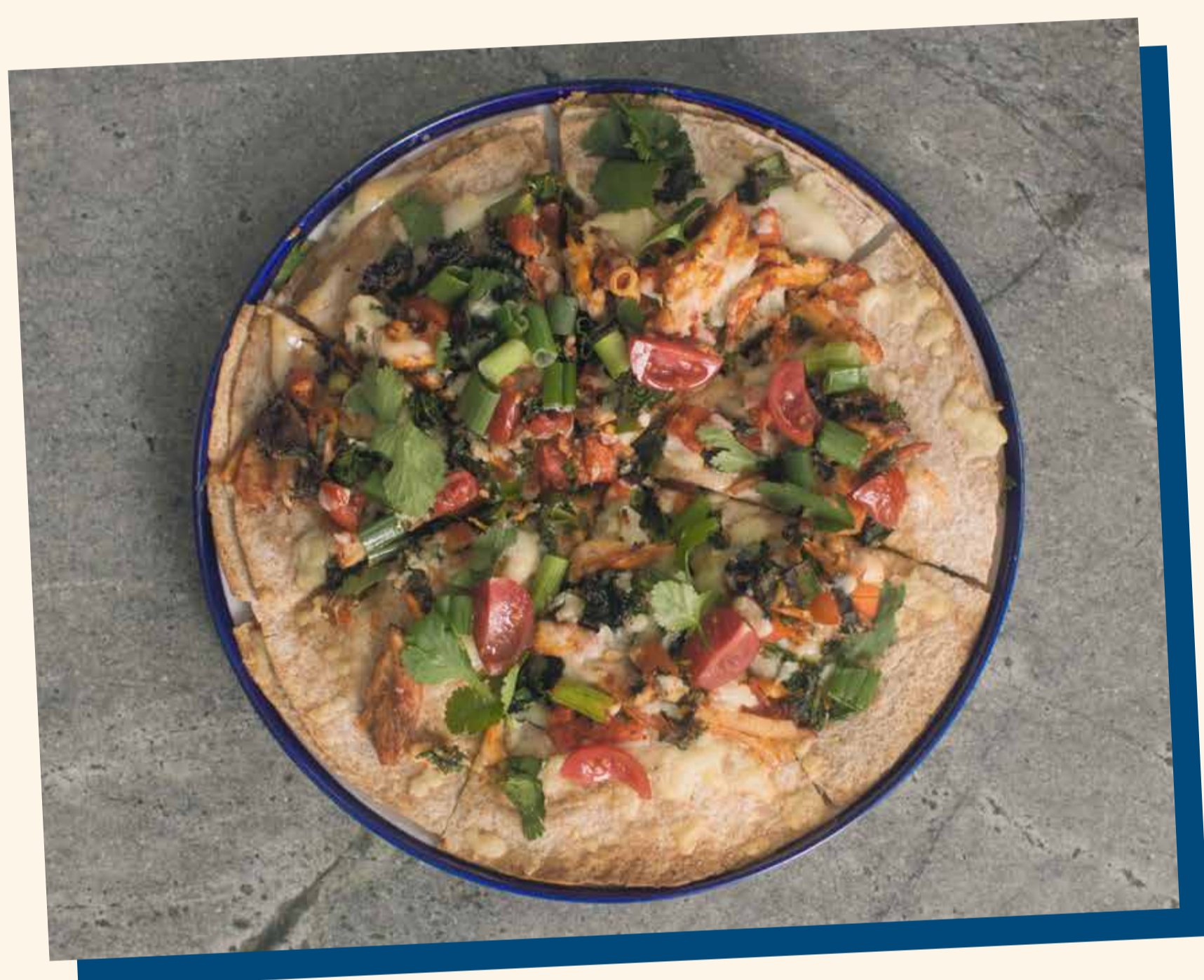


• DR RUPY'S LEFTOVER •



# VEG QUESADILLA PIE

SERVES 4 | 10 MINS PREP | 20 MINS COOK

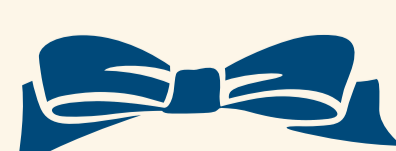


## METHOD

1. Preheat the oven to 200c
2. Mix the chicken and vegetables together with the spring onions, tomatoes and smoked paprika.
3. Lay the first tortilla on a baking tray and lightly coat with Hellmann's real mayonnaise.
  - Top with  $\frac{1}{3}$  rd of the chicken and vegetable mix and scatter over  $\frac{1}{3}$  rd of the cheese.
  - Press down lightly and repeat this process twice more to layer up the tortillas.
4. Bake the pie for 20 minutes until the top is browned and cheese is bubbling.
5. Serve the pie in wedges, dress with coriander and a squeeze of lime.

## INGREDIENTS

- 3 wholemeal tortillas
- 2 tbsp Hellmann's real mayonnaise
- Around 150g leftover chicken, shredded
- Around 150g leftover cooked vegetables (kale, carrots, broccoli), chopped into bite-size pieces
- 4 spring onions, sliced
- $\frac{1}{2}$  punnet cherry tomatoes, quartered
- 1 tsp hot smoked paprika
- 100g cheddar cheese, grated
- Coriander, to serve
- Lime, to serve

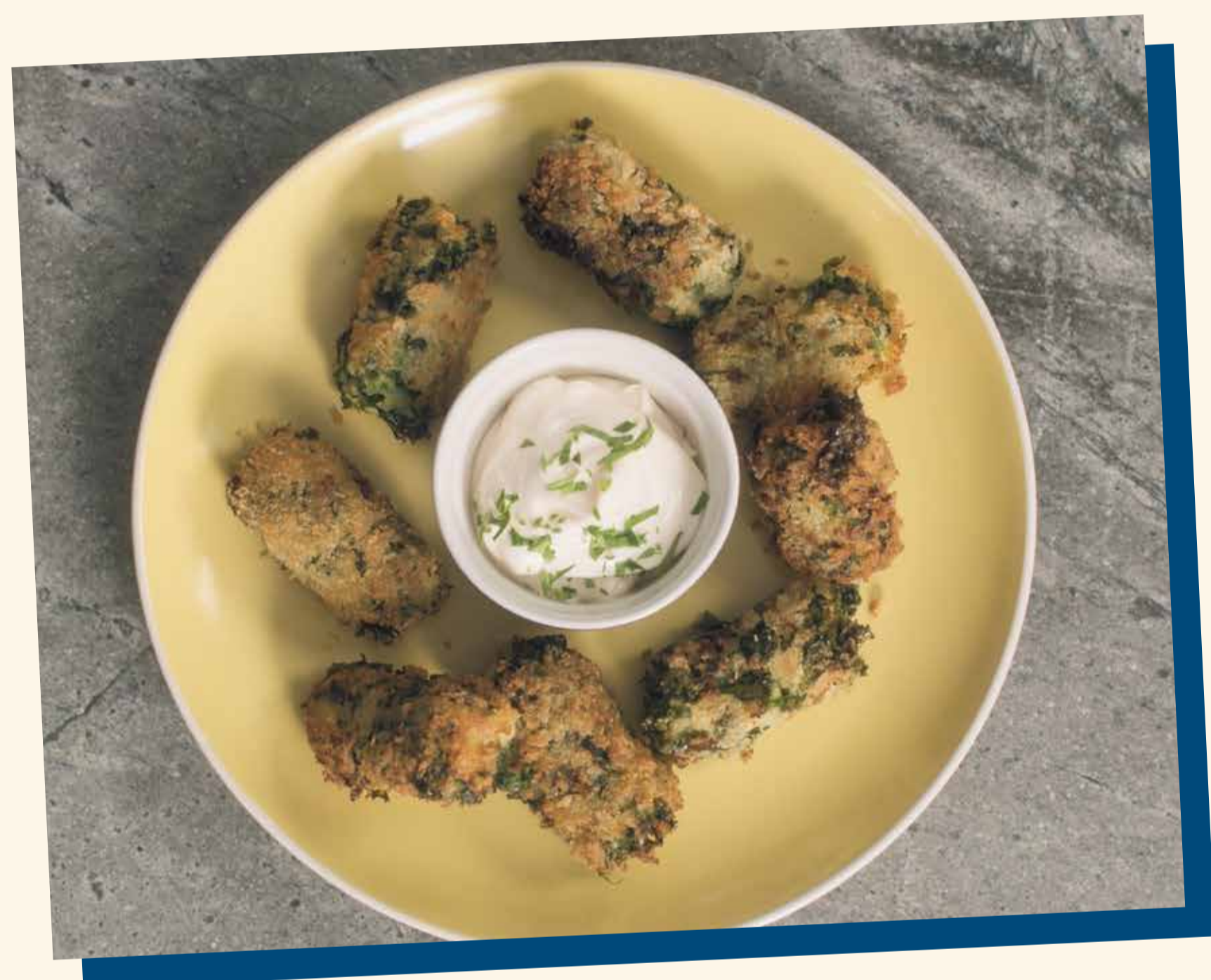


• DR RUPY'S LEFTOVER •



# BUBBLE & SQUEAK CROQUETTES

SERVES 4 | 15 MINS

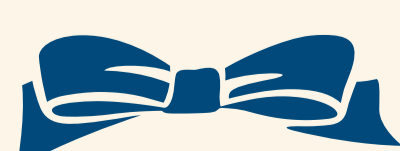


## METHOD

1. Mix the mashed potato and parsnip with the greens and 2 tablespoons of Hellmann's vegan mayonnaise.
2. Roll the mix into 16 5cm ovals and brush with the remaining mayonnaise on all sides.
3. Roll the croquettes in panko breadcrumbs so they are evenly coated.
4. Place a frying pan on a medium high heat and add vegetable oil to cover the bottom of the pan. When the oil is hot, fry the croquettes until evenly golden and crisp, around 2 minutes.
5. Carefully remove the croquettes from the pan and allow to drain briefly on absorbent kitchen paper.
6. Serve the croquettes with Hellmann's vegan mayonnaise

## INGREDIENTS

- 400g leftover cooked potato and parsnip, mashed
- 200g leftover cooked cabbage or kale, chopped
- 4 tbsp Hellmann's vegan mayonnaise
- 100g panko breadcrumbs
- Vegetable oil, for shallow frying
- 1 tbsp olive oil
- Hellmann's vegan mayonnaise to serve



• DR RUPY'S LEFTOVER •



# SWEEDISH STYLE MEATBALL SUB

SERVES 4 | 15 MINS

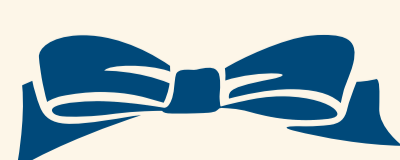
## METHOD

1. If your sub rolls are past their best, refresh by holding under running water for a few seconds and placing in a 180 oven for 5-10 minutes until warm and soft again.
2. Mix the mince with the breadcrumbs, onion, finely chopped herb stalks and Hellmann's light mayonnaise until well combined. Season to taste.
3. Roll into equally sized 4cm (30g) meat balls, you should have 16 in total. Heat a non-stick frying pan on a medium-high heat and cook the meatballs on all sides, turning occasionally for around 5 minutes until they are cooked through.
4. Once the meatballs are cooked add the red currant jelly, allow it to melt and glaze the balls. Remove from the heat.
5. Split the sub rolls in half and spread the lower half with Hellmann's light mayonnaise. Layer the sliced gherkins on top followed by the meatballs, 4 per sandwich. Dress the meatballs with some of the redcurrant jelly glaze and plenty of dill. Serve at once.



## INGREDIENTS

- 4 stale sub rolls
- 400g lean pork mince
- 40g breadcrumbs, made from leftover stale bread
- 2 tbsp Hellmann's light mayonnaise
- 1 small onion, finely chopped
- Handful of leftover dill & parsley, finely chopped
- 6 gherkins, sliced into strips lengthways
- 1tbsp red currant jelly
- Hellmann's light mayonnaise, to serve



• GETTING •

# STARTED

With all that food for thought, there's only one thing left to do: start your very own journey, making incredible food, and wasting less while you're at it.

In just a few steps you'll be making a real difference to how much food you throw out.

It's as easy as 1, 2, 3.

Do the basics. Take stock of your food, know the difference between 'best before' and 'use by' dates, start using your freezer, and control your portions.

Adopt one – or both – of our 'Smart Cooking' methods, whatever works for you and your lifestyle. They'll soon become trusted kitchen companions.

Start planning your meals. It's a great way to find your own personal foodie groove and keep tabs on what you have at home to cook with.



• GET INSPIRED •

• RECIPE •

# INSPIRATION

CLICK ON  
IMAGES  
FOR  
RECIPES.

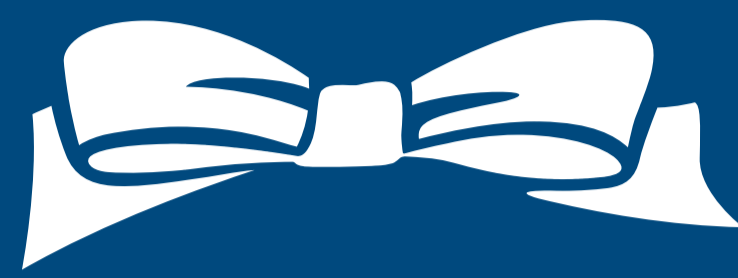


• FOOD WASTE •

Your journey



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FOOD  
WASTE  
HACKS

• FOOD WASTE HACKS •

THANK YOU



SOURCES

...

WRAP

HUFFINGTON POST

LOVE FOOD HATE WASTE

FOOD AND AGRICULTURE

ORGANISATION OF THE

UNITED NATIONS

• FOOD WASTE •

