

FOOD LOVERS

save money

Cooking classes
toolkit

LOVE
FOOD
hate waste



This online, interactive toolkit has been designed to be easy to use and navigate. It has been produced in partnership between Love Food Hate Waste and Leicestershire Waste Partnership.

Use the arrows at the top of each page to scroll through the toolkit, or click on the links in the contents page to go directly to the information you are looking for. Some fact sheets and information are mentioned throughout the toolkit and there are links to these in the text. Simply click on the highlighted words and it will take you to these pages. There is a link at the top of each page that takes you back to the contents so you can find the chapters you are looking for. Alternatively read through the whole toolkit to get a better understanding of Love Food Hate Waste cooking classes.





Cooking classes toolkit

This is your chance to help people in your community save money and make the most of the food they buy.



This toolkit provides everything you will need to set up and run your own Love Food Hate Waste cooking classes; with easy to follow lesson plans, activities, recipes, fact sheets and guidance. All you need to find is a venue and willing participants.

This toolkit has been designed to help community and neighbourhood groups reduce food waste. With a practical cooking element bringing them to life, the classes are a great way to demonstrate how we can make the most of our food and save money at the same time. The classes will equip participants with the skills and confidence to put together simple meals using up foods we commonly throw away. Participants will learn about planning meals, measuring portion sizes, using up leftovers, storing food and date labels.



Contents

This toolkit is designed for a wide range of community groups and has a lot of guidance, information and resources. Please pick out the sections that are relevant to your group.

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1. Introduction

This toolkit has been developed by the Leicestershire Waste Partnership in conjunction with Love Food Hate Waste.

Every year households in Scotland throw away 600,000 tonnes of food and drink. Some of this is made up of things like peelings, cores and bones, but the majority is or once was perfectly good food. Little by little, all this waste really adds up. Every month, the average family throws away up to £38 worth of good food and drink. Wasted food is also a major contributor to climate change, most of it ends up in landfill sites where it rots and releases methane, a damaging greenhouse gas. The food we throw away is also a huge waste of the energy, water and packaging used in its production, transportation and storage.





Class objectives

The purpose of the cooking classes is to raise awareness of the issue of food waste and equip participants with the knowledge and tools to reduce food waste in their homes.

As a result of the classes participants will:

- learn about the issue of food waste
 - gain knowledge and tools to help them reduce the amount of food they waste at home
 - improve cooking skills and confidence
 - learn how to use up leftovers and other ingredients
 - gain an understanding of portion sizes
 - understand the meanings of date labels
- learn how to plan meals and write shopping lists
 - learn the best way to store food.

The toolkit provides information about:

- the background to Love Food Hate Waste
- tips and advice to help you set up your own class
- a list of what equipment you may need
- a range of detailed lesson plans ranging from a one off class to a four week course
- lists of recipes and ingredients
- activities that can be used during the class
- monitoring and feedback forms
- ideas on how to advertise your class.





1.1 How to use the toolkit

The toolkit supplies lesson plans and supporting materials to deliver fun and interactive cooking classes. There is a wealth of resources such as activities, quizzes and fact sheets, as well as comprehensive information to help you set up and deliver a cooking course. So everything you will need is in this toolkit.

This toolkit can be adapted to suit your audience, venue or timeframe. Pick the messages or aspects that most appeal to your audience, or deliver the whole course provided in the toolkit.

Choose a course

- **A four week course with cooking** – we recommend you deliver the classes as a course over four weeks. This allows participants to take in the information over a few weeks and practice the sometimes surprising tips (such as freezing bananas!) at home in between each class. This also helps the group bond, share their own tips and support each other, making it more likely that they will continue to reduce the food they waste at home.
- **A four week course without cooking** – use lessons which focus on different messages each week and allow participants to build their knowledge.

Alternatively the classes can be delivered as:

- **A one-off class** – As a one off class it gives an overview of how to reduce your food waste through using shopping lists, planning meals, understanding date labels and storing food correctly.

If you have the facilities available this class can incorporate cooking a simple recipe to bring together information about food waste and show how tasty leftovers can be.





For detailed lesson plans, supporting information, recipes and activities see [chapter 4](#).

Each class in the four week course is two hours long, including time for cooking a simple recipe. If you deliver the classes without cooking, allow an hour. The one off class is designed to be 3 hours long including cooking time.

Week one



Love your leftovers

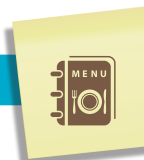
- Introduction to the issue of food waste and Love Food Hate Waste.

Key messages

Reducing food waste through:

- understanding of the issue of food waste
- new ideas for using up leftovers
- understanding date labels.

Week two



It pays to plan

- How and why planning meals can reduce food waste and save money
- Cooking in bulk to save time and money.

Key messages

Reducing food waste through:

- planning meals to avoid overbuying
- save time and money.

Week three



Savvy storage

- Making the most of your freezer and getting to know about store cupboard essentials.

Key messages

Reducing food waste through:

- storing food correctly to make it last longer
- the value of a well stocked store cupboard.

Week four



Reviving food

- How to revive food and make the most of ingredients slightly past their best
- Course summary.

Key messages

Reducing food waste through:

- making the most of ingredients and leftovers
- getting creative with food.





Navigating the toolkit

To help you use the toolkit effectively, follow the answers below to find the right sections and information for you:

I would like to set up a cooking course or class

I already run a cooking course

**Read chapters 1–2 then
Go to chapter 3**

**Read chapter 1 then
Go to chapter 3**

**Use the advice in this toolkit to
set up, advertise and deliver a
cooking course in your area**

**Choose the lessons and
activities to incorporate Love
Food Hate Waste messages
into your class**





1.2 Love Food Hate Waste

Love Food Hate Waste shows that simple everyday activities such as planning meals, measuring portion sizes, using up leftovers, understanding food date labels and storing food correctly, can help reduce food waste and save households up to £38 a month. Visit lovefoodhatewaste.com for more tips and ideas.

Plan ahead

A great way to save time and money is to check what's in the cupboard, fridge and freezer and plan your meals for the week ahead. That way you'll know what you need to buy before you go shopping.

Know your dates

Foods can be eaten or frozen right up to the end of the 'use-by' date. 'Best before' dates are for quality so foods can be eaten after this date but may not be at their best – eggs being the exception.

Savvy storage

Knowing the best way to store your food will help you make the most of it. Most of your fruit and vegetables will keep fresher

for longer stored in the fridge. Leftovers will be good for up to two days kept in the fridge well wrapped. And don't forget to wrap or store in air tight containers fresh foods once opened.

Perfect portions

Remove the guesswork when it comes to portioning. A mug of uncooked rice is enough for four adults. Kitchen scales are great for measuring exact portions. And use a spaghetti measurer to avoid cooking too much spaghetti.

Lovely leftovers

Being creative with leftovers is a clever way to make the most of your food. Sunday roast leftovers can be used in many dishes from cheeky curries to cracking risottos.



2. Guidance and advice for cooking classes

Things to consider

Now you have decided to start up your own cooking class in your area, here are some essential things you will need to consider to get them started.

2.1. Venue

The classes are designed to have a core cooking element, therefore your venue should have a kitchen. Ideally your venue will have a number of cookers and workspace, so participants can cook either individually or in groups. If your venue only has one cooking point you could choose to have participants watch a demonstration or you could invest in portable cooking stoves, which can be bought relatively cheaply.

Suggested venues

Village or community hall

School

Church room

College

Children's centre e.g. Sure Start.

It is important to visit the venue before you deliver the class. This will allow you to see the cooking facilities, available equipment (you may need to supply additional equipment), the layout and space available and suitability of access and other facilities for your participants.





2.2 Costs

Equipment

If you are using a kitchen it is likely they will have equipment for you to use. Ask the venue before you book, what equipment they have available.

There will be some costs incurred whilst running the course, but these will vary depending on whether you have had to pay for venue hire and the number of participants you have in the classes.

- Oven proof dishes
- Knives (large and small)
- Whisk
- Pans
- Chopping boards
- Can opener
- Wooden spoons
- Baking tray
- Scissors
- Tea towels
- Cutlery (*so you can try what you've cooked!*)
- Peelers
- Scales
- Plates
- Washing up equipment.

Above is a suggested equipment list, your final list will vary depending on the size of your group and what you are planning to cook.

You may allow time during the class to eat the food that has been cooked, however there may be some food leftover. Ask participants to bring a storage box or provide freezer bags so food can be taken home.

Ingredients

Budget approximately £3 per person for ingredients for each class. This cost will depend on the recipes you are cooking, and could be more or less.



Try contacting your local supermarket, food producers or grocers to see if they will be able to provide the ingredients for the course. This could mean using their recipes or giving details of their offers and would keep the cost of the classes down.



Venue hire

Depending on your venue there may be a hire charge. Leicestershire Waste Partnership found that by working with schools and existing community groups they were able to use venues free of charge.

Child care

If your class is aimed at families, consider covering the cost of child care, this will ensure your class is accessible to all who may want to attend. Child care could take the form of an informal crèche in the next room while the class is undertaken. *Please ensure you are aware of legislation surrounding the provision of child care.*

However when considering timings and number of participants be aware that children participating in the classes can take longer, and at times it may seem chaotic.

Transport

To ensure your class is accessible to all, you may need to cover transport costs or find a venue that is within walking distance of your likely participants.


Keeping costs down

Consider charging participants a small fee to attend the class to help cover the costs. Contact community teams, your local council or relevant organisations or charities in your area to see if they could offer funding.

During the classes which Leicestershire Waste Partnership ran, participants sat together and ate the food which they had cooked. This reduced the need to provide individual storage boxes to take the food home.



2.3 Tutor

 You may want to get a tutor to help run or deliver your classes. However if you have the confidence and knowledge about food waste and cooking, and if you keep your classes simple, you may want to run the class yourself.

Run through the class beforehand and practice the recipes to ensure the classes run smoothly.

If you are planning to use an experienced tutor or qualified teacher, contact your local school or college to see if they have Food Technology teachers or kitchen staff available. Alternatively you could use someone from your local community or a local food business, although there may be a cost involved with using a qualified instructor.

Food hygiene and basic health and safety must be discussed at each class. See chapter 4 for information and fact sheets

on these subjects. A qualified first aider may also be required, see chapter 2.7 for more information.

2.4 Timing

The ideal time required to deliver a cooking class is two hours. Cooking takes approximately one hour, it is best to allow the same amount of time to cover the Love Food Hate Waste messages each week.


To ensure the concentration of the class it is recommended that you cover the classroom-based activities first followed by cooking. Give participants an expected time for their cooking to be completed so they can aim to stick to the timetable.

2.5 Participants/audience

The aim of these classes is to raise awareness of the issue of food waste and to provide practical tips and advice to help people make the most of their food.

These classes are intended for participants who are not confident at cooking and are unsure how to manage their food. Target

members of your community or existing groups of people who would particularly benefit from reducing their food waste, saving money and improving cooking skills.

 These classes are not designed to be a dedicated cooking class and therefore do not cover basic cooking skills – however if you would like to work with a group that has few cooking skills, consider adding additional classes or extend the time of the classes. Also consider reducing the number of participants, as people may benefit from a smaller group size to allow more support while they are cooking, as well as simple recipes that can be recreated at home.



Be aware that you could attract people who have relatively good cooking skills, as they enjoy attending cooking classes. Leicestershire Waste Partnership found that those with good cooking skills were already quite knowledgeable about how to reduce food waste. As such the classes, although enjoyable, were not particularly beneficial to these participants. This highlights that it is important to be clear about the content of the classes when promoting them, to attract the appropriate audience.

2.6 Recruitment

You can choose to deliver your class in a number of ways either targeting an existing group or recruiting individuals directly, and by delivering a one-off class or a series of classes as a course.

It is likely to be easier to recruit participants to your class if you target existing groups, rather than asking people to sign up as individuals – approach organisations such as Sure Start and the NHS who already have contacts with groups.

The size of the group will be dictated by your venue, cooking facilities and budget. As the class involves practical cooking try not to have the classes too large, six to eight people is a good number to allow everyone to get involved and understand the messages.

If you are recruiting individuals directly, poster templates are provided in this toolkit to advertise your classes.

Once you have recruited your participants, be aware the classes may need to be adapted to fit the needs and experience levels of the participants.





2.7 Other considerations

Based on the experience of Leicestershire Waste Partnership you may also need to consider the following:

- **First aid**

Leicestershire Waste Partnership found that a qualified first aider was required at each class. Most of Leicestershire's classes were delivered in schools, therefore a member of school staff was on site to provide the first aid support. You will need to check with the venue whether a first aider is required at your classes.

- **Food hygiene**

If you are going to be delivering the cooking classes yourself rather than using a tutor, you may want to complete a basic food hygiene course. These are usually day courses that can be provided for a fee by a local council.

- **Will the class be free**

Experience gained from similar courses indicates that charging a couple of pounds for each lesson encourages people to keep coming each week and value the classes and the food they have cooked. It also helps cover the cost of the ingredients and venue.

However, Leicestershire Waste Partnership offered the classes for free and found both uptake and continued attendance was generally good, as people really valued the lessons and messages they were learning.

- **Group size**

The number of people suitable for each class will vary depending on the cooking facilities and size of venue, whether you are working with families and the ability of the participants.

Leicestershire Waste Partnership found that for a community hall with one set of hobs and limited room, a group of no more than eight was suitable to allow enough room for everyone to get involved in the cooking.

In school cooking rooms with multiple cooking facilities a group should have a maximum of 20 people or 10 families. If classes are large it is suggested that at least one other helper is present to support the tutor and the participants whilst cooking.

- **Group dynamic**

Each group will have a different dynamic depending on their confidence, whether they know one another and where the class is delivered. It is important to know that every class will vary, and some people will be more willing to get involved in discussions while others may require more encouragement or support. You will also need to ensure the class stays on track and be confident enough to bring the discussion back on track.

- **Don't panic**

All classes and groups are different and however well prepared you are they can go off track or not turn out as you planned.

Do not panic, stay focused and get the class to focus on the key messages.



Discussions are good as they get people involved and help people relate the messages to their behaviour at home. But they can go on too long or go off topic so try and get it back to the subject of food waste without putting people off participating in discussions.

Not all activities and lesson plans work for every group and you may need to adapt them to suit the audience or situation.

Additional suggestions

- Encourage participants to discuss their own experiences of wasting food, share their own recipes and hints and tips.
- Maybe make the last class special – ask the group cook a meal together and invite others to share it to demonstrate all they have learnt.
- Spend some time in the first class discussing ground rules with the group and write them down. These might vary depending on the age and type of group. Some points to consider could include behaviour, safety, punctuality, timekeeping.





3. Lesson plans

This chapter contains lesson plans and timings for cooking classes, as well as details of the quizzes, activities and fact sheets that go with each lesson.

Chapter 4 contains the associated information and resources for each of the detailed lesson plans, as well as

the information you need to set up and promote the classes.

Follow the link on each lesson plan to be taken to the first of the related fact sheets and resources needed for that class, scroll through the fact sheets to see all those required for that class.

Prior learning

There is no prior learning necessary. The classes can be aimed at any level of cooking experience, but it is worth trying to establish the skills of your group before you start so you pitch the class at the right level.

3.1 One-off class

With or without cooking

The 'One-off' lesson plan sets out the format of the lesson, although this can be adapted, along with all background and

supporting information, including recipes, ingredients, equipment lists and activities.

The lesson is designed to be approximately three hours including cooking time. This allows a good amount of time to cover the five main messages to help reduce food waste.

One-off class



- Introduction to the issue of food waste and Love Food Hate Waste.

Key messages

Reducing food waste by:

- making the most of leftovers
- planning meals
- understanding date labels
- storing food correctly.

The toolkit has been designed to be easy to use and adaptable so that you can pick and choose the activities and materials that suit you and your group, or you can choose to use the lesson plans and advice to set up your own Love Food Hate Waste course.



3.2 Four week course

With or without cooking facilities

Below is a summary of the messages included in each of the weeks. Follow the symbol for each week to find the lesson plan and materials.

Each class in the course is approximately two hours (if you are including cooking). If you would like to deliver each class in the courses without cooking allow an hour, or hour and half if you will demonstrate cooking.

Week one



Love your leftovers

- Introduction to food waste and Love Food Hate Waste.

Key messages

Reducing food waste by:

- understanding of the issue of food waste
- new ideas for using up leftovers
- understanding date labels.

Week two



It pays to plan

- How and why planning meals to reduce food waste and save money
- Cooking in bulk to save time and money.

Key messages

Reducing food waste by:

- planning meals to avoid overbuying
- save time and money.

Week three



Savvy storage

- Making the most of your freezer and getting to know about store cupboard essentials.

Key messages

Reducing food waste by:

- storing food correctly to make it last longer
- the value of a well stocked store cupboard.

Week four



Reviving food

- How to revive food and make the most of ingredients you might have earmarked for the bin
- Course summary.

Key messages

Reducing food waste through:

- make the most of ingredients and leftovers
- getting creative with food.



One-off cooking class

Introduction to reducing food waste Three hours (including cooking)



Setting the scene

This class introduces the issue of food waste and Love Food Hate Waste. It explains how we can all reduce the amount of food we throw away.

Key messages

Reducing food waste by:

- understanding the issue
- planning meals
- understanding date labels
- storing food correctly
- new ideas for using up leftovers.



Tips

Try not to take too long on the introductions. It is good for people to get to know one another, but try and keep the class moving.

Agree a set time in which the meals to be ready before beginning the cooking. This will give people an idea of how long they have and help to keep to the timetable.

During the cooking activity, mention alternative ingredients that could be used. This will encourage people to think about adapting recipes to include left over food. Also talk about portions and measuring ingredients such as rice and pasta.

Items needed

Love Food Hate Waste fact sheet

Foods we often waste fact sheet

Know your dates fact sheet

Top tips and ideas handout (per person)

Leftovers fact sheet

Love your leftovers activity

Meal planner handout

Super storage activity and answers

Perfect portion fact sheet

Freezer fact sheet

Quick quiz and answers handouts

Questionnaire

Recipe

Ingredients



Lesson plan

🕒 10 mins – Overview.

Overview to the course and what the lessons will involve.

🕒 5 mins – Love Food Hate Waste
Information about Love Food Hate Waste.

🕒 5 mins – Introduction
Introduce yourselves and what you want from the class.

🕒 10 mins – Discussion
What foods do you waste the most of?
Give a few tips and ideas about how to reduce food waste. Explain that there will be more information during the class.

🕒 15 mins – Activity.
Love your leftovers food activity followed by feedback.

🕒 5 mins – Discussion
Understanding date labels.

🕒 10 mins – Meal planning
Plan a weekly menu including leftovers.

🕒 10 mins – Food storage activity
Storage activity in groups to decide where to store food to make it last longer. Group feedback.

🕒 5 mins – Discussion
What food can be frozen and how to defrost food safely. How to manage your freezer.

🕒 10 mins – Quiz
Quick quiz and answers.

🕒 60 mins – Cooking!
Wash and tidy up

🕒 5 mins – feedback
Complete feedback questionnaires.

🕒 5 mins – Summary
And close.





Week one

Introduction and lovely leftovers Two hours (including cooking)

Setting the scene

The first lesson of the course is about introducing the issue of food waste and tips to reduce it.

Key messages

Reducing food waste by:

- understanding of the issue
- new ideas for using up leftovers
- understanding date labels.



Tips

Try not to take too long on the introductions. It is good for people to get to know one another, but try and keep the class moving.

Give a set time for the meals to be ready before beginning the cooking, to help to keep them on time.

During cooking, mention alternative ingredients that could be used to encourage thinking about including leftover ingredients. Also talk about measuring portions, such as rice and pasta.

Items needed

Love Food Hate Waste fact sheet

Foods we often waste fact sheet

Know your dates fact sheet

Top tips and ideas handout (per person)

Leftovers fact sheet

Love your leftovers activity and answers

Recipe

Ingredients

Lesson plan

⌚ 5 mins – Overview
Overview of the course and what the lessons will involve.

⌚ 5 mins – Love Food Hate Waste
Information about Love Food Hate Waste

⌚ 5 mins – Introduction
Introduce yourselves and what you want from the course.

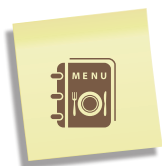
⌚ 10 mins – Discussion
What foods do you waste the most of? Give a few tips and ideas about how to reduce food waste. Explain they will learn more during the course.

⌚ 20 mins – Activity
Love your leftovers food activity followed by feedback.

⌚ 5 mins – Discussion
Know your dates.

⌚ 60 mins – Cooking!
Wash and tidy up.

⌚ 5 mins – Summary and close.



Week two

It pays to plan Two hours (including cooking)

Setting the scene

The second lesson of the course is about introducing how to plan meals and how this can help reduce food waste.

Key messages

Reducing food waste and saving money by:

- planning meals to avoid buying food you don't need
- cooking in bulk to save time and reduce waste.



Tips

Produce a sample completed meal planner for the class to show how it's done.

Encourage participants to share their own tips and ideas

Items needed

Meal planner handout (per person)

Time saving tips fact sheet

Quick quiz handout (per person)

Perfect portions fact sheet

Recipe

Ingredients

Cooking equipment

Lesson plan

⌚ 5 mins – Recap

Recap from last week and discuss any changes people have made at home.

⌚ 10 min – Quiz

What do you remember from last week? Followed by feedback/answers.

⌚ 10 mins – Discussion

Who plans meals or uses a shopping list? Explain the cost saving benefits of both. Include supermarket special offers and suggest people could look for offers on food that will keep or can be frozen.

⌚ 10 mins – Weekly menu

Plan a weekly menu, include leftovers.

⌚ 10 mins – Time saving

Time saving tips, cooking in bulk to create home-made ready meals, store cupboard ingredients.

⌚ 5 mins – Portions

Measuring portions.

⌚ 60 mins – Cooking!

Wash and tidy up.

⌚ 5 mins – Summary

And close.



Week three

Savvy storage Two hours (including cooking)

Setting the scene

The third lesson of the course is about increasing knowledge about how to store food to ensure it lasts longer, and the benefits of having a well stocked store cupboard.

Key messages

Reducing food waste by:

- making the most of your fridge and freezer
- knowing how best to store food.



Tips

At the end of the session consider giving a tip for people to use at home and ask them to feedback the following week.

Items needed

Store cupboard essentials fact sheet
Super storage activity and answers
Freezer Facts fact sheet
Food storage fact sheet
Food diaries per person
Questionnaires (if final class) per person
Recipe
Ingredients
Cooking equipment.

Lesson plan

- ⌚ 5 mins – Recap
Recap from last week and discussion about any changes people have made at home. Did anyone use a shopping list or plan meals?
- ⌚ 15 mins – Food storage activity
In groups to decide where to store food to make it last longer. Groups then feedback.
- ⌚ 5 mins – Discussion

About food can be frozen and how to defrost food safely. How to manage your freezer.

- ⌚ 5 mins – Store Cupboard
Group input, can they identify what food would be considered store cupboard essentials.
- ⌚ 15 mins – Meal planning
If cooking, plan meal for next week. If not cooking – summarise the course and ask people to complete a questionnaire.
- ⌚ 10 mins – Food waste diary
Introduce the diary and encourage people to complete it for the following week.
- ⌚ 60 mins – Cooking!
Wash and tidy up.
- ⌚ 5 mins – Summary
Remind participants to bring their completed food diary next week.



Week four

Reviving food and summary Two hours (including cooking)



Setting the scene

The fourth lesson of the course combines all the messages used already and gives people the confidence to work with food slightly past its best to prevent it being wasted.

Key messages

Reducing food waste by:

- making the most of food slightly past its best
- revisiting tips and knowledge from previous weeks.



Tips

Bring back any of the activities to test what's been learnt.

Complete a food diary yourself to discuss in the class.

Items needed

Sample food diary

Reviving tips fact sheet

Quick quiz handout per person
(from one off class)

Questionnaires

Recipe

Ingredients

Lesson plan

⌚ 5 mins – Recap

Recap from last week and discussion about any changes people have made at home. Did anyone try any tips from last week?

⌚ 10 mins – Feedback

Feedback from food diaries, if participants willing. Recommend tips to reduce waste.

⌚ 10 mins – Discussion

Discussion about how to make the most of food and tips for reviving food which may be past its best.

⌚ 15 mins – Quiz

Quick quiz followed by answers.

⌚ 60 mins – Cooking!

Wash and tidy up.

⌚ 10 mins – Summary

Summary of course. What they enjoyed and learnt, any future activities planned or ways they will use what they have learnt.

⌚ 5 mins – Feedback

Complete feedback questionnaire.

⌚ 5 mins – Close



4. Class materials

This chapter contains all the resources you will need to deliver the cooking classes of your choice.

Each week has been colour coded so all the related materials and documents can easily be printed out or copied. Each lesson plan also has a checklist of items you need for that week.

Feel free to mix and match the activities and handouts from the different weeks to suit your class.

Click on a bullet to go straight to that page or use the arrows to scroll through the factsheets and handouts for each cooking class.

The other documents in this chapter include:

- A questionnaire that should be filled out by students at the end of the course to evaluate your success.
- Fact sheets.
- Handouts and quizzes.
- Activities.
- Sample risk assessment.
- Food safety advice.
- Suggested recipes.
- Posters to advertise your course.

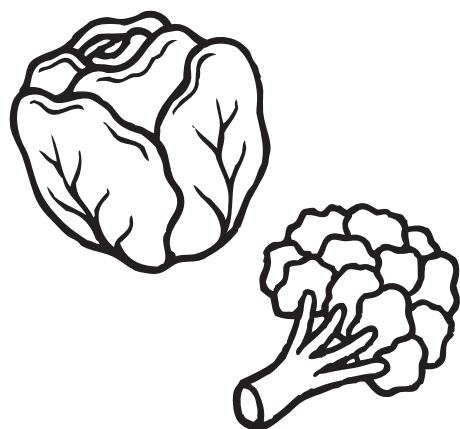




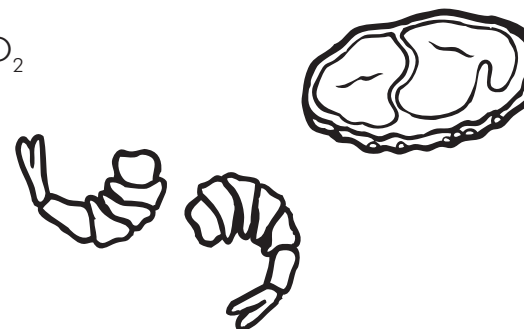
One-off class

Love Food Hate Waste fact sheet

Love Food Hate Waste is the 'Waste Not Want Not' of the modern day, providing handy tips, advice and recipes for leftovers to help everyone waste less food. Visit lovefoodhatewaste.com for further information.



- WRAP (Waste and Resources Action Programme) has carried out research into food and drink waste, which tells us how much - and what types of food and drink - are being thrown away, the reasons why and more about people's attitudes and behaviours to food and drink waste.
- This research tells us that 600,000 tonnes of food is thrown away by households in Scotland every year. And wasting food costs the average Scottish household £460 a year.
- If we all stop throwing away food that could have been eaten, the CO₂ impact would be the equivalent of taking 1 in 5 cars off the road.
- And by reducing the food we waste we can save up to £38 a month by: planning meals, storing food properly, making the most of leftovers, understanding food dates and measuring portions.
- The food we throw away often ends up in a landfill site, where, rather than harmlessly decomposing as many people think, it rots and actually releases methane, a powerful greenhouse gas.





One-off class

Foods we often waste fact sheet

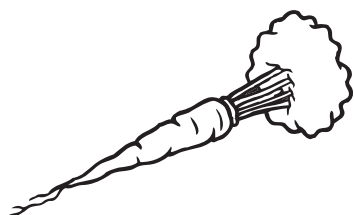


Foods we often waste

Bananas – can be frozen and eaten like an ice-lolly, or used in milkshakes or smoothies. Overripe bananas are great for banana bread or smoothies. Try not to keep them in the fruit bowl as they can make other fruit ripen too quickly.

Salad – try not to overbuy, only buy what you need. Keep it in a storage box in the fridge to keep it fresher for longer.

Bread – freeze and make sandwiches from frozen or use it for toast. Make into bread and butter/queens pudding, or turn into breadcrumbs and freeze for when you need them.



Vegetables – chop and freeze, use straight from frozen in a stir-fry, bolognese or curry. Or use in curries or soups. Use frozen or tinned vegetables which keep fresher for much longer.

Fruit – keep fresher for longer by putting it in the fridge where apples can last up to 14 days longer. Chop and cook apples, pears, plums etc. then freeze for use in a puddings later. Even grapes can be frozen.

Cream – whip it and then freeze it. Or add to a home made curry.

Yoghurt – any type of yoghurt will be perfect for smoothies, cakes, or pancakes. It can also be used in cakes or to go alongside fruit for a healthy breakfast or snack.

Milk – can be frozen in its bottle and then defrosted in the fridge for when you need it. Use it in cakes, scrambled eggs or omelettes, or in smoothies and milkshakes.

Eggs – great for omelettes, cakes. Separate the white and yolk and freeze each separately.

Meat – can be frozen any day up to its use by date, separate into portions first. Once raw meat has been cooked it can be re-frozen.

Potatoes – a few leftover cooked potatoes can be added to soups and curries to thicken. Make bubble and squeak, fishcakes, mashed potato or topping for shepherds/cottage/ fish pie.



One-off class

Know your dates fact sheet



The facts behind the date labels from the Food Standards Agency

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USE BY
08 DEC '09

BEST BEFORE
03 MAY '09



One-off class

Top tips and ideas

Plan ahead

A great way to save time and money is to check what's in your cupboard, fridge and freezer and plan your meals for the week ahead, that way you'll know what you need to buy before you go shopping.

Know your dates

Foods can be eaten or frozen right up to the end of the 'use-by' date. 'Best before' dates are for quality so foods can be eaten after this date but may not be at their best – eggs being the exception.

Savvy storage

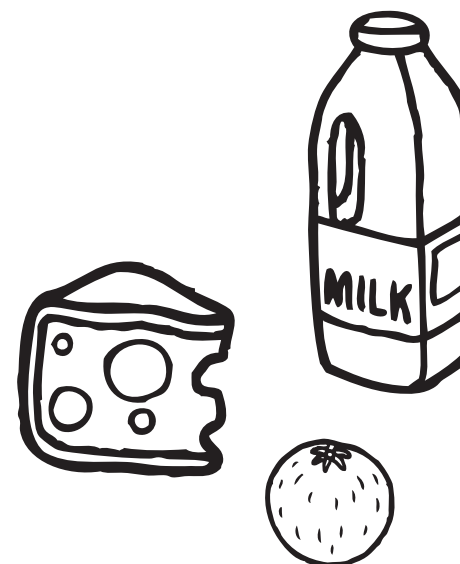
Knowing the best way to store your food will help you make the most of it. Most of your fruit and vegetables will keep fresher for longer stored in the fridge. Leftovers will be good for up to two days kept in the fridge well wrapped. And don't forget to wrap or store in air tight containers fresh foods once opened.

Perfect portions

Remove the guesswork when it comes to portioning. A mug of uncooked rice is enough for four adults. Kitchen scales are great for measuring exact portions. And use a spaghetti measurer to avoid cooking too much spaghetti.

Lovely leftovers

Being creative with leftovers is a clever way to make the most of your food. Sundays roast leftovers can be used in many dishes from cheeky curries to cracking risottos.

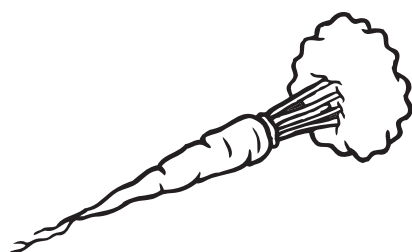




One-off class

Leftovers fact sheet

Make the most of your leftovers by turning them into delicious meals for another day. Here are some suggestions:



- Use leftover potatoes to thicken soups.
- If your bread's going stale, make bread crumbs and freeze ready for the next time you make stuffing or bread sauce.
- Leftover chicken from the Sunday roast can be added to sandwiches, salad or pasta for a tasty, cheap packed lunch the following day.
- Whip any leftover cream before you freeze it to stop it from becoming grainy when it's thawed.
- Most fish can be flaked and added to scrambled eggs, tossed into spicy rice dishes or made into a pate by adding mayonnaise. Why not try adding it to cream cheese for a tasty dip.
- Any leftover cooked vegetables, or odd bits left in the fridge, can be added to curries, risottos or pasta dishes.
- Fruit that's going a bit soft, can be chopped and boiled with some sugar to make a fruit crumble which can be frozen for later.
- Add leftover yoghurt to fruit smoothies and juices.
- Freeze any leftover cooked vegetables, until you have enough to make a hearty, healthy soup.





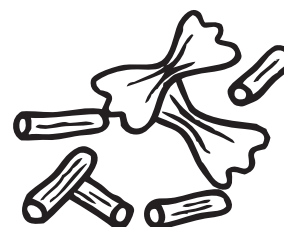
Love your leftovers activity

Purpose

This activity encourages people to think of recipes and meals that make the best use of everyday leftovers and store cupboard ingredients.

How it works

- Split the class into three groups and give each group a set of ingredients. (Tinned tuna, stock, cheese, eggs, tinned tomatoes, onion, stale bread, leftover vegetables, sausages, pasta, roast chicken, mince, leftover potatoes).
- Ask the groups to come up with as many different meals as possible using the ingredients.
- They can use the items more than once.



- After 10–15 mins get the groups to give names to the dishes they have come up with. Go through the answers supplied to see if they have thought of all of them and add your own.
- Next, begin a discussion about how leftovers can be combined with store cupboard ingredients to make a meal or snack.

Outcome

People will have an understanding of how to make the most of their food.



Love your leftovers activity answers

Here are a few meals that can be made using everyday ingredients, your groups may come up with many more:

- Tuna pasta bake
- Bread and butter pudding
- Vegetable or chicken soup
- Cottage pie
- Bubble and squeak
- Omelette
- Fish cakes
- Cheese on toast
- Meatballs and pasta
- Bolognaise
- Burgers



One-off class

Quick quiz

1. List two ways to use leftover...

a. Chicken

b. Carrots

c. Potatoes

d. Apples

2. On food labels, what is the difference between:

• Use by

• Best before

• Sell by

• Display until

3. List one way you are going to reduce your food bill when you next go shopping:

4. Match the portion measuring tools with the food item:

Scales

Mug

Spoon

Rice

Pasta

Vegetables



One-off class

Quick quiz answers

1. List two ways to use leftover...

a. Chicken

Curry, soup, sandwiches, pasta bake, risotto, salad.

b. Carrots

Cake, soup, curry, bolognaise, shepherds pie.

c. Potatoes

Fish cakes, mashed potato topping, soup, bubble and squeak.

d. Apples

Crumble, stewed and served with yoghurt, baked apples, cake, salad, cook and freeze for a later date.

2. What is the difference on date labels between:

- **Use by**

Fresh foods, must be eaten or frozen by this date.

- **Best before**

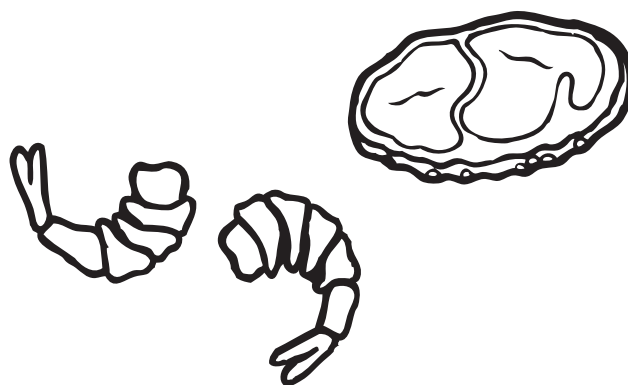
Safe to eat after this date (except eggs) but may not be as tasty.

- **Sell by**

For shop use.

- **Display until**

For shop use.



3. List one way you are now going to reduce your food bill when you next go shopping.

4. Match the portion measuring tools with the food item:

Scales	Rice – 1 adult portion = 1/4 mug
Mug	Pasta – approx 75g per adult
Spoon	Vegetables – 3 heaped tablespoons



One-off class

Meal planner

Planning meals for the week can help make sure food doesn't get forgotten at the back of the fridge. Using a shopping list helps to remind us not to buy food we don't need. Remember to make the most of any leftover items from the day before. Visit lovefoodwaste.com for tasty recipes.

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes



Tips

It is always good to keep an eye on 'use by' dates, try to eat food that will go out of date soonest first.

Shopping list

Now that you have planned your meals, you can write and use a shopping list

Shopping list





Super storage activity

Purpose

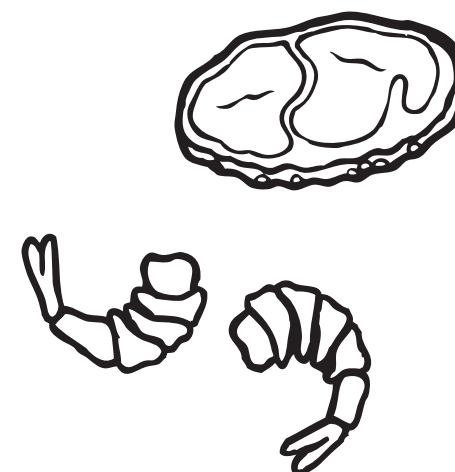
This activity encourages people to think of where it's best to store food to ensure it stays fresher for longer and what food is suitable for freezing.

How it works

- Split the class into three groups and give out the food items.
- Ask the groups to look at the food and decide where they think each item is best stored.
- After 10–15 minutes ask the groups to name a few of the items and where they would store them.
- Go through the answers supplied to see if they have thought of all of them and add your own.
- Next, hold a discussion about which items can be frozen (such as milk, cheese, bread etc.) and how leftovers can also be frozen so they can be used to make a meal or snack.

Outcome

People will have an understanding of how to make the most of their food and ensure it keeps fresh for longer.





Super storage activity answers

Milk

fridge and freezer

Cheese

fridge and freezer if greeted

Eggs

fridge or separate the white and yolk and freeze each separately

Potatoes

cool dark place, frozen if par boiled

Sausages

fridge and freezer

Tinned tomatoes

cupboard and fridge once opened and stored in another container

Apples

fridge (keeps 14 days longer) and freezer if pre cooked

Bananas

cupboard and freezer

Peppers / vegetables

fridge and freezer (chopped and cook straight from frozen)

Bread

Cupboard and freezer. Make sandwiches from frozen bread and they will be defrosted and tasty by lunchtime)

Chicken

fridge and freezer. If you defrost raw meat and then cook it thoroughly, you can freeze it again. Just take care to defrost thoroughly and re-heat until piping hot

Leftover lasagne

fridge and freezer

Onions

cupboard and freezer (chopped and cook straight from frozen)



One-off class

Perfect portion fact sheet

Cooking the correct portions of our favorite food such as rice, pasta and vegetables can help prevent cooking too much and having to throw it away. Take the guesswork out of it by using handy measuring equipment:

Mug

A 300ml mug is perfect for measuring uncooked rice.
1 adult portion = 1/4 mug.

Tablespoon

Good for measuring out portions of rice, beans and dried fruits.

Spaghetti measurer

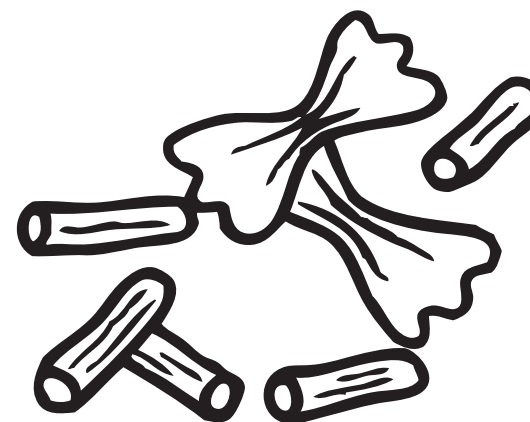
Not sure how to measure pasta? Start with a spaghetti measurer. This handy tool measures dry spaghetti through different sized holes depending on how many people you're cooking for.

Weighing scales

Use your weighing scales for accuracy.

For example 80g of vegetables or 100g of dried pasta are recommended per adult.

- Reading the packet of items such as cereal, pasta and potatoes will tell you how much is recommended to cook per person



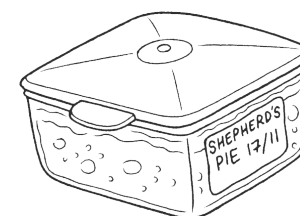


One-off class

Freezer fact sheet

There's not much that can't be frozen until its needed: homemade ready meals (see Timesavers fact sheet); veg and wonderful herbs; grated cheese for toppings and meat cut in strips for quick stir-frying.

- Food can be frozen at any point up to the end of the 'use by' date.
- If you defrost raw meat and then cook it thoroughly, you can freeze it again. Just take care to defrost thoroughly and re-heat until piping hot.
- Freezing fresh foods and home-cooked meals is a great way to save food for later, sealing in the goodness until you are ready to eat it – freeze in portions or 'meals'.
- Almost any food can be frozen, including hard cheese, eggs, bread, home made meals, cakes.
- Cooked food should be cooled before transferring into the freezer.
- It is safe to defrost food at room temperature, provided you intend to eat it as soon as it's thawed. Or defrost in the fridge overnight and plan to eat within two days.
- Labelling and dating foods before you put them in the freezer will help avoid 'Unidentified Frozen Objects' UFOs in the future.





One-off class

Freezer fact sheet continued

Freezing

Frozen food isn't as good as fresh

False - many foods are frozen at their freshest, e.g. fish and vegetables, so they keep all the goodness 'locked' in. Home freezing fresh foods and home cooked meals is a great way to save food for later. Not only that, it's a great way to take advantage of discounts or multibuy on more expensive items such as meat or fish: just divide into portions in freezer bags.

Freezing food kills bacteria and parasites

False - the freezing process immobilises microbes, bacteria, yeasts and moulds

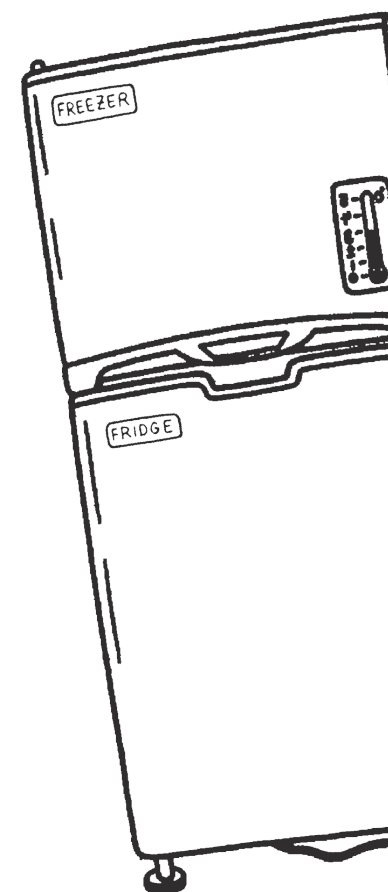
present in food but does not kill any bacteria which can spoil food. Once thawed use within two days.

Vegetables must be thawed before cooking

False - there is no need to thaw, simply steam or boil from frozen for 5-10 minutes, depending on the variety.

Food goes off in the freezer eventually and should be thrown out

False - You can keep food safely in the freezer for years, as long as it has stayed frozen the whole time, but it will gradually lose its quality and taste. But to avoid 'stockpiling' plan to eat frozen foods more often so you don't forget what's in there and 'rotate' foods.

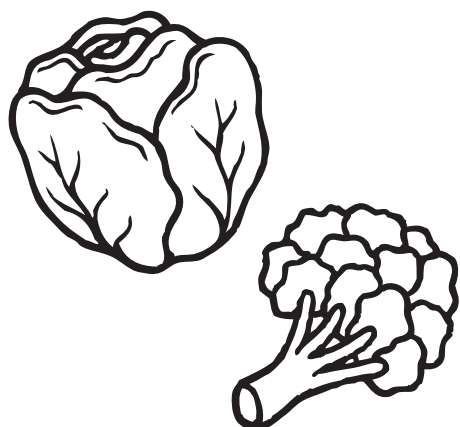




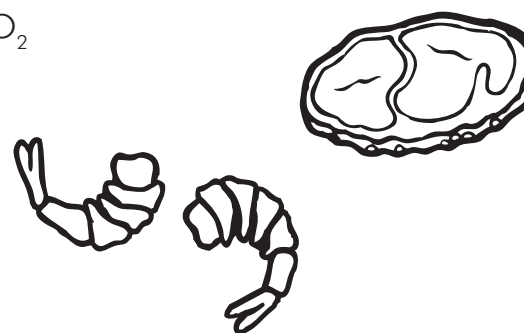
Week one

Love Food Hate Waste fact sheet

Love Food Hate Waste is the 'Waste Not Want Not' of the modern day, providing handy tips, advice and recipes for leftovers to help everyone waste less food. Visit lovefoodhatewaste.com for further information.



- WRAP (Waste and Resources Action Programme) has carried out research into food and drink waste, which tells us how much – and what types of food and drink – are being thrown away, the reasons why and more about people's attitudes and behaviours to food and drink waste.
- This research tells us that 600,000 tonnes of food is thrown away by households in Scotland every year. And wasting food costs the average Scottish household £460 a year.
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Week one

Foods we often waste fact sheet

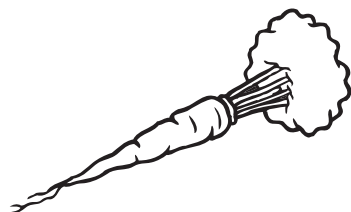


Foods we often waste

Bananas – can be frozen and eaten like an ice-lolly, or used in milkshakes or smoothies. Overripe bananas are great for banana bread or smoothies. Try not to keep them in the fruit bowl as they can make other fruit ripen too quickly.

Salad – try not to overbuy, only buy what you need. Keep it in a storage box in the fridge to keep it fresher for longer.

Bread – freeze and make sandwiches from frozen or use it for toast. Make into bread and butter/queens pudding, or turn into breadcrumbs and freeze for when you need them.



Vegetables – chop and freeze, use straight from frozen in a stir-fry, bolognaise or curry. Or use in curries or soups. Use frozen or tinned vegetables which keep fresher for much longer.

Fruit – keep fresher for longer by putting it in the fridge where apples can last up to 14 days longer. Chop and cook apples, pears, plums etc. then freeze for use in a puddings later. Even grapes can be frozen.

Cream – whip it and then freeze it. Or add to a home made curry.

Yoghurt – any type of yoghurt will be perfect for smoothies, cakes, or pancakes. It can also be used in cakes or to go alongside fruit for a healthy breakfast or snack.

Milk – can be frozen in its bottle and then defrosted in the fridge for when you need it. Use it in cakes, scrambled eggs or omelettes, or in smoothies and milkshakes.

Eggs – great for omelettes, cakes. Separate the white and yolk and freeze each separately.

Meat – can be frozen any day up to its use by date, separate into portions first. Once raw meat has been cooked it can be re-frozen.

Potatoes – a few leftover cooked potatoes can be added to soups and curries to thicken. Make bubble and squeak, fishcakes, mashed potato or topping for shepherds/cottage/ fish pie.



Week one

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Week one

Top tips and ideas

Plan ahead

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Savvy storage

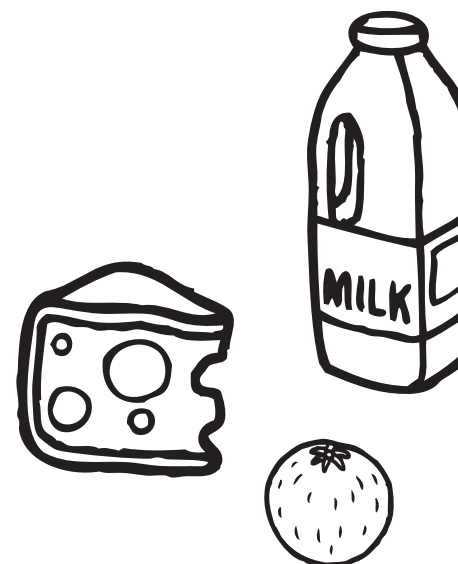
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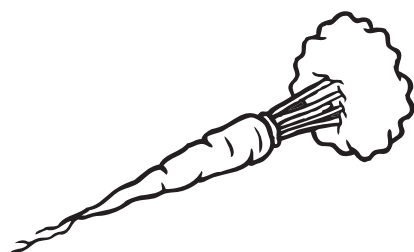




Week one

Leftovers fact sheet

Make the most of your leftovers by turning them into delicious meals for another day. Here are some suggestions:



- Use leftover potatoes to thicken soups.
- If your bread's going stale, make bread crumbs and freeze ready for the next time you make stuffing or bread sauce.
- Leftover chicken from the Sunday roast can be added to sandwiches, salad or pasta for a tasty, cheap packed lunch the following day.
- Whip any leftover cream before you freeze it to stop it from becoming grainy when it's thawed.
- Most fish can be flaked and added to scrambled eggs, tossed into spicy rice dishes or made into a pate by adding mayonnaise. Why not try adding it to cream cheese for a tasty dip.
- Any leftover cooked vegetables, or odd bits left in the fridge, can be added to curries, risottos or pasta dishes.
- Fruit that's going a bit soft, can be chopped and boiled with some sugar to make a fruit crumble which can be frozen for later.
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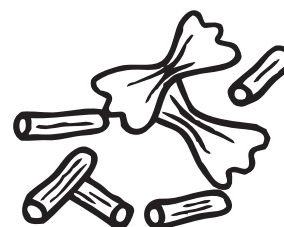
Love your leftovers activity

Purpose

This activity encourages people to think of recipes and meals that make the best use of everyday leftovers and store cupboard ingredients.

How it works

- Split the class into three groups and give each group a set of ingredients. (Tinned tuna, stock, cheese, eggs, tinned tomatoes, onion, stale bread, leftover vegetables, sausages, pasta, roast chicken, mince, leftover potatoes).
- Ask the groups to come up with as many different meals as possible using the ingredients.
- They can use the items more than once.



- After 10-15 mins get the groups to give names to the dishes they have come up with. Go through the answers supplied to see if they have thought of all of them and add your own.
- Next, begin a discussion about how leftovers can be combined with store cupboard ingredients to make a meal or snack.

Outcome

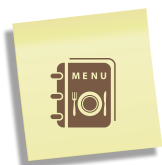
People will have an understanding of how to make the most of their food.



Love your leftovers activity answers

Here are a few meals that can be made using everyday ingredients, your groups may come up with many more:

- Tuna pasta bake
- Bread and butter pudding
- Vegetable or chicken soup
- Cottage pie
- Bubble and squeak
- Omelette
- Fish cakes
- Cheese on toast
- Meatballs and pasta
- Bolognaise
- Burgers



Week two Meal planner

Planning meals for the week can help make sure food doesn't get forgotten at the back of the fridge. Using a shopping list helps to remind us not to buy food we don't need. Remember to make the most of any leftover items from the day before. Visit lovefoodwaste.com for tasty recipes.

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes



Tips

It is always good to keep an eye on 'use by' dates, try to eat food that will go out of date soonest first.

Shopping list

Now that you have planned your meals, you can write and use a shopping list

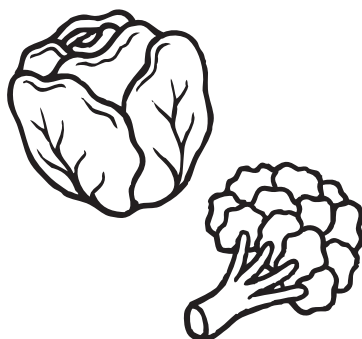
Shopping list



Week two

Time saving fact sheet

With busy lives it's difficult to plan meals and keep an eye on the food we're bought that needs eating. Often it is easier to buy more food than take a look at what we have in the fridge and cupboard. But with a little thought and planning we can create tasty, quick meals even when we're short of time.



Here are some top tips to help save time and money as well as reducing the food we waste.

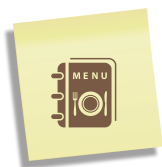
Cooking in bulk – when you have some time spare, maybe at the weekend, cook a large batch of your favourite meal - chilli, bolognese or curry. Divide it into meals or portions and freeze it. You'll have a tasty home made meal ready to heat up and serve when your short of time.

Plan for the week – why not plan your meals for the week? Taking into account when you're not planning to be at home or when you need a quick meal before heading out again. Then you'll know how many meals you need to buy and which ones are quick to make when you are rushing out.

Love your leftovers – leftovers, including the odd bit of cheese or spare vegetables, can make a quick and easy meal. Why not make a Spanish omelette - a meal in minutes. Or a quick pasta dish, simple, easy and quick.

Well stocked cupboard – having a well stocked store cupboard means you always have a meal to hand - you can use dried pasta, tinned tomatoes and tinned tuna to create a quick and tasty pasta bake.





Week two

Quick quiz

Question 1. True or False?

If we all stop wasting food that could have been eaten, the CO₂ (carbon dioxide) impact would be the equivalent of taking 1 in 6 cars off the road?

☐ True ☐ False:

Can you freeze milk, bananas and cheese?

☐ True ☐ False:

Leftovers can keep fresh in the fridge for one day?

☐ True ☐ False:

Planning your meals for the week can save you money?

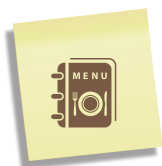
☐ True ☐ False:

Question 2. Did you enjoy the meal you cooked last week?

Give it a score out of 10

Question 3. Have you changed anything at home as a result of what you learnt in previous weeks classes?





Week two

Quick quiz answers

Question 1. True or False?

If we all stop wasting food that could have been eaten, the CO₂ (carbon dioxide) impact would be the equivalent of taking 1 in 6 cars off the road?

False

1 in 4 cars.

Question 2.

Can you freeze milk, bananas and cheese?

True

Most items can be frozen to keep fresher for longer

Leftovers can keep fresh in the fridge for one day?

False

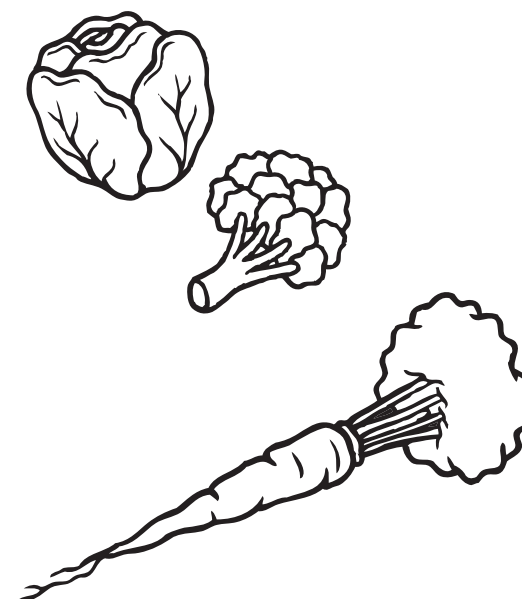
You can keep up to 2 days if stored in air tight container or wrapped up.

Question 3.

Planning your meals for the week can save you money?

True

Helps avoid over buying and you can ensure you eat items on the right day depending on when they go out of date.





Week two

Perfect portions fact sheet

Cooking the correct portions of our favorite food such as rice, pasta and vegetables can help prevent cooking too much and having to throw it away. Take the guesswork out of it by using handy measuring equipment:

Mug

A 300ml mug is perfect for measuring uncooked rice.
1 adult portion = 1/4 mug.

Tablespoon

Good for measuring out portions of rice, beans and dried fruits.

Spaghetti measurer

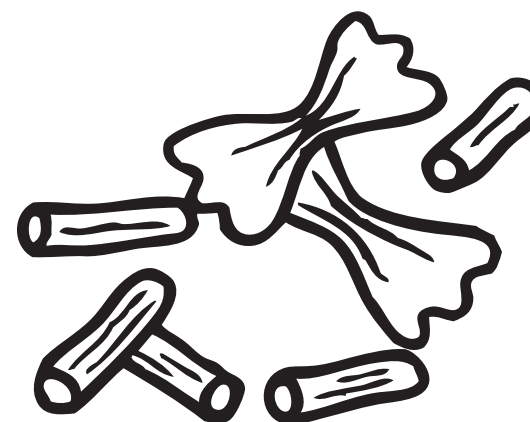
Not sure how to measure pasta? Start with a spaghetti measurer. This handy tool measures dry spaghetti through different sized holes depending on how many people you're cooking for.

Weighing scales

Use your weighing scales for accuracy.

For example 80g of vegetables or 100g of dried pasta are recommended per adult.

- Reading the packet of items such as cereal, pasta and potatoes will tell you how much is recommended to cook per person

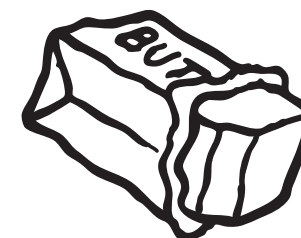
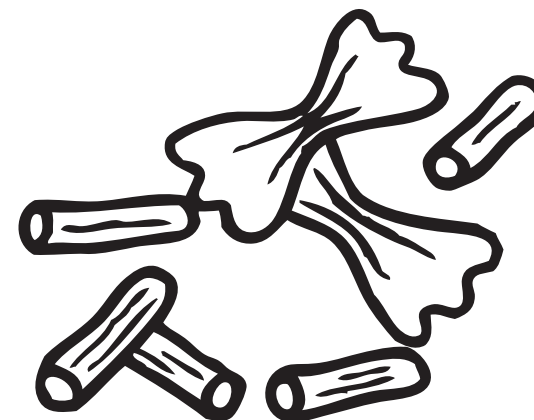




Week three

Store cupboard essentials fact sheet

- Try and keep your store cupboard and freezer well-stocked with a variety of canned, dried and frozen goods that you know your family love to eat.
- Having essentials such as pasta, rice and sauces in the store cupboard means you will always be able to create a quick meal using food in the fridge.
- Tinned beans, frozen vegetables, dried fruit, nuts, pasta, noodles, rice, and grains, all have a long shelf so you have the ingredients to hand to pull together a delicious meal or to jazz up your leftovers.
- Remember to replace items when you have used them up. It helps to keep a note stuck on the inside of the cupboard door – add to the list as soon as you can and check it when you write your shopping list.
- Use your store cupboard to create meals from leftovers. Any spare fresh tomatoes could be added to some canned ones to make a great topping for pizza. Rice could turn leftover chicken into a tasty meal and wrinkly peppers can be added to create a delicious summer salad.



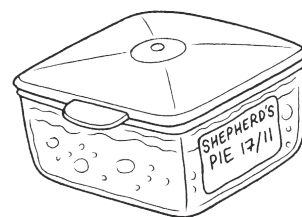


Week three

Freezer fact sheet

There's not much that can't be frozen until its needed: homemade ready meals (see Timesavers fact sheet); veg and wonderful herbs; grated cheese for toppings and meat cut in strips for quick stir-frying.

- Food can be frozen at any point up to the end of the 'use by' date.
- If you defrost raw meat and then cook it thoroughly, you can freeze it again. Just take care to defrost thoroughly and re-heat until piping hot.
- Freezing fresh foods and home-cooked meals is a great way to save food for later, sealing in the goodness until you are ready to eat it – freeze in portions or 'meals'.
- Almost any food can be frozen, including hard cheese, eggs, bread, home made meals, cakes.
- Cooked food should be cooled before transferring into the freezer.
- It is safe to defrost food at room temperature, provided you intend to eat it as soon as it's thawed. Or defrost in the fridge overnight and plan to eat within two days.
- Labelling and dating foods before you put them in the freezer will help avoid 'Unidentified Frozen Objects' UFOs in the future.





Week three

Freezer fact sheet continued

Freezing

Frozen food isn't as good as fresh

False - many foods are frozen at their freshest, e.g. fish and vegetables, so they keep all the goodness 'locked' in. Home freezing fresh foods and home cooked meals is a great way to save food for later. Not only that, it's a great way to take advantage of discounts or multibuy on more expensive items such as meat or fish: just divide into portions in freezer bags.

Freezing food kills bacteria and parasites

False - the freezing process immobilises microbes, bacteria, yeasts and moulds present in food but does not kill any

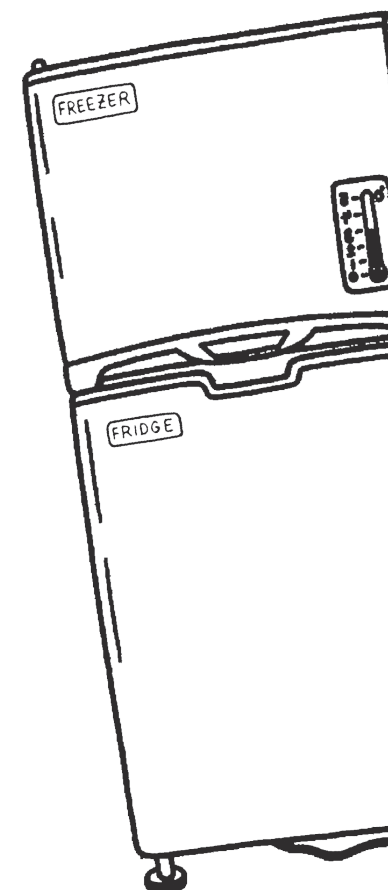
bacteria which can spoil food. Once thawed use within two days.

Vegetables must be thawed before cooking

False - there is no need to thaw, simply steam or boil from frozen for 5-10 minutes, depending on the variety.

Food goes off in the freezer eventually and should be thrown out

False - You can keep food safely in the freezer for years, as long as it has stayed frozen the whole time, but it will gradually lose its quality and taste. But to avoid 'stockpiling' plan to eat frozen foods more often so you don't forget what's in there and 'rotate' foods.





Week three

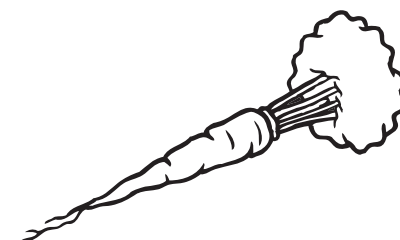
Food storage fact sheet

Storing food correctly helps it stay fresher for longer.

Here are some top tips for everyday items:



- Storing bread in a bread bin or bag will keep it from going stale. Or why not keep it in the freezer and take out the slices as you need them.
- Keeping apples in the fridge will keep them fresh for up to 14 days longer.
- Keeping ripe fruit and bananas separate from other fruit will ensure the remaining fruit doesn't over ripen.
- Almost any food can be frozen, including hard cheese, eggs, bread, home-made meals and cakes.
- If you defrost raw meat and then cook it thoroughly, you can freeze it again. Just take care to defrost thoroughly and re-heat until piping hot.
- Keeping vegetables in the fridge will keep them fresher for longer. If you are not going to get round to eating them they can be chopped and frozen in portions to be added straight from frozen to a stir fry curry or pasta dishes.





Super storage activity

Purpose

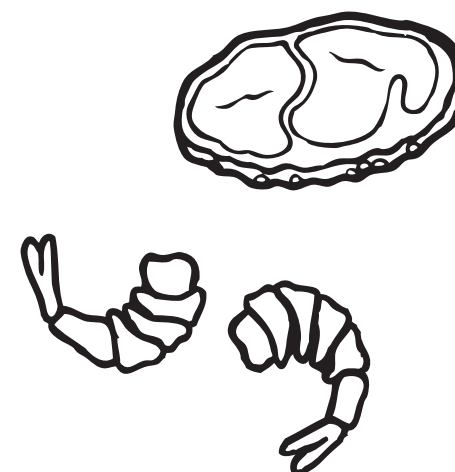
This activity encourages people to think of where it's best to store food to ensure it stays fresher for longer and what food is suitable for freezing.

How it works

- Split the class into three groups and give out the food items.
- Ask the groups to look at the food and decide where they think each item is best stored.
- After 10–15 minutes ask the groups to name a few of the items and where they would store them.
- Go through the answers supplied to see if they have thought of all of them and add your own.
- Next, hold a discussion about which items can be frozen (such as milk, cheese, bread etc.) and how leftovers can also be frozen so they can be used to make a meal or snack.

Outcome

People will have an understanding of how to make the most of their food and ensure it keeps fresh for longer.





Super storage activity answers

Milk

fridge and freezer

Cheese

fridge and freezer if greeted

Eggs

fridge or separate the white and yolk and freeze each separately

Potatoes

cool dark place, frozen if par boiled

Sausages

fridge and freezer

Tinned tomatoes

cupboard and fridge once opened and stored in another container

Apples

fridge (keeps 14 days longer) and freezer if pre cooked

Bananas

cupboard and freezer

Peppers / vegetables

fridge and freezer (chopped and cook straight from frozen)

Bread

Cupboard and freezer. Make sandwiches from frozen bread and they will be defrosted and tasty by lunchtime)

Chicken

fridge and freezer. If you defrost raw meat and then cook it thoroughly, you can freeze it again. Just take care to defrost thoroughly and re-heat until piping hot

Leftover lasagne

fridge and freezer

Onions

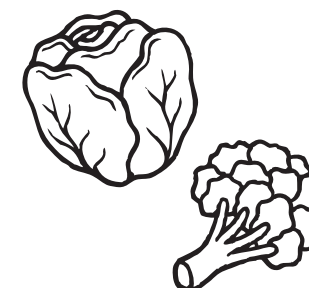
cupboard and freezer (chopped and cook straight from frozen)



Week four

Reviving fact sheet

- If apples are bruised, simply cut off the bruise and grate the remaining apple into salads or cut into wedges and give to kids as an apple snack.
- Use any leftover salsa from your tortillas or fajitas as the base layer of a home made pizza or add to a pasta or chilli dish.
- Carrots can go slimy or floppy in their bag in the fridge, so often get forgotten about. If they are looking a bit past it just peel them and add to your cooking. Alternatively place them in a pot of water and they will perk up and be crispy again. This also works with celery.
- Roll citrus fruit on a hard surface with your hand. This makes them easier to squeeze when cut.
- If dry cereal, crisps, crackers or nuts are soft and stale, they are easy to revitalize. Just spread in a layer on a baking sheet and put them in warm oven for 3-5 minutes. Keep an eye on them though, it's easy to over bake, but if you pull them out at the right time and let them cool they will regain the crispness. You can then repackage into airtight containers and they will have several days or more of being crisp and crunchy.
- To refresh stale bread rolls or loaves, soak the bread under running water. When really sodden reheat in a moderate oven until crisp and golden on the outside and light in the middle.
- To freshen up a day old loaf, hold it very briefly under a running cold tap. Give it a good shake and pop in a hot oven for about 10 minutes; it will be as soft and crusty as freshly baked bread.
- Microwave stale chocolate cake, about 20 seconds for a slice, and it'll become gorgeous gooey hot chocolate fudge cake. This may also work with other types of cake.





Week four

Quick quiz

1. List two ways to use leftover...

a. Chicken

b. Carrots

c. Potatoes

d. Apples

2. On food labels, what is the difference between:

• Use by

• Best before

• Sell by

• Display until

3. List one way you are going to reduce your food bill when you next go shopping:

4. Match the portion measuring tools with the food item:

Scales

Mug

Spoon

Rice

Pasta

Vegetables



Week four

Quick quiz answers

1. List two ways to use leftover...

a. Chicken

Curry, soup, sandwiches, pasta bake, risotto, salad.

b. Carrots

Cake, soup, curry, bolognaise, shepherds pie.

c. Potatoes

Fish cakes, mashed potato topping, soup, bubble and squeak.

d. Apples

Crumble, stewed and served with yoghurt, baked apples, cake, salad, cook and freeze for a later date.

2. What is the difference on date labels between:

- **Use by**

Fresh foods, must be eaten or frozen by this date.

- **Best before**

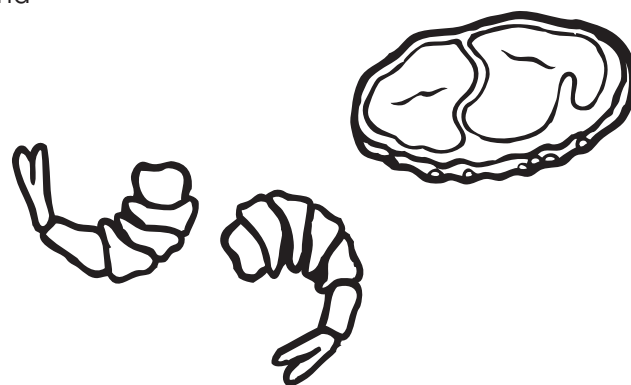
Safe to eat after this date (except eggs) but may not be as tasty.

- **Sell by**

For shop use.

- **Display until**

For shop use.



3. List one way you are now going to reduce your food bill when you next go shopping.

4. Match the portion measuring tools with the food item:

Scales	Rice - 1 adult portion = 1/4 mug
Mug	Pasta – approx 75g per adult
Spoon	Vegetables – 3 heaped tablespoons



Cooking course questionnaire

To help us to understand how effective the cooking course has been please take a few moments to answer some questions.

1. Location of class attended:

2. How much food waste would you say your household produces? Please tick.

- ☐ A lot ☐ A fair amount
☐ A little ☐ Not very much

3. Before this course how confident were you to cook using leftovers? Please tick.

- ☐ Confident
☐ Quite confident
☐ Not very confident
☐ Not at all confident

4. What was the main thing you learned during the course?

5. What did you like about the course?

6. Is there anything you would change about any of the sessions?

7. Is there anything you learned that will change what you do at home?



8. How confident are you now, after the course, at cooking leftovers and managing your food? Please tick.

- ☐ Confident
- ☐ Quite confident
- ☐ Not very confident
- ☐ Not at all confident

Please explain:

9. What did you think about the following?

	Excellent	Very Good	Good	Fair	Poor
Venue					
Tutor					
Course content					

10. Would you be interested in attending more cooking classes?

If so please supply your details below:

Name:

Address:

Email:

(Where an email address is supplied we will contact you electronically to reduce waste).



Food safety

Before delivering a class which involves any cooking it is important to have carried out a risk assessment of the venue and the activities involved. See our sample risk assessment in this chapter.

Please also ensure you read out to the students this basic food safety advice before every class.

To read out to the class:

- tie long hair back
- roll your sleeves up
- wear an apron
- wash your hands
- don't run.

Extra advice:

- remove jewellery
- cover any cuts with a clean plaster
- make sure surfaces are clean
- clear up any spills
- turn pan handles away from the edge of the hob
- warn people when you move with hot pans or liquid
- hold knives carefully, blade down. Warn people when you walk around with them.

For the tutor to assess:

- ensure area is clear from mess and trip hazards
- any children are supervised.



Example activity risk assessment

Always ensure you understand and comply with the risk assessment requirements of your organisation and the venue you are using.

Here is an **example risk assessment**, showing the type of issues you should consider.

Tutor	Course title	
Nature of activity	Teaching in classroom. Adults only or adults and children.	
Venue	Room	

Tutors should arrive in time to assess the potential hazards before the class commences.

Any learner with a medical condition should tell the tutor before the class begins. Decisions on learners taking part in the class are the responsibility of the tutor.

HAZARD	WHAT PRECAUTIONS ARE IN PLACE	RISK FACTOR	HOW IS RISK CONTROLLED	WHEN BY WHOM
Furniture stacked around the room. Room not set correctly. Affects: Learners and Tutor	Ensure that all furniture is stored safely if not being used. Room to be set out as required by tutor.	High	Tutor to ensure that room is safe, that learners are positioned away from furniture that is stored or left in room. If tutor needs to move furniture, he/she needs to ensure that they are using the correct procedures.	Tutor and Premises Officer Every session
Room not clean Affects: Learners and Tutor	Check the cleanliness of the room.	Medium	Tutor to ensure that room is clean and free of debris. Contact premises staff if required.	Tutor and Premises Officer Every session



HAZARD	WHAT PRECAUTIONS ARE IN PLACE	RISK FACTOR	HOW IS RISK CONTROLLED	WHEN BY WHOM
Room temperature inappropriate Affects: Learners and Tutor	Check room temperature before class commences and throughout the session	Medium	All rooms should have adequate heating and ventilation.	Tutor Every session
Trailing electrical wires etc., electrical equipment in the room. Affects: Learners & Tutor	Tutors to brief adults at the beginning of every session about any element of risk that cannot be removed.	Medium	All parents to take responsibility for own children and supervise at all times. Wires to be taped by yellow striped tape if possible or available.	Tutor Every session
Personal belongings – • Theft • Inappropriately stored Affects: Learners	Learners to leave personal belongings in a safe and visible location Bags need to be zipped so children cannot access the contents.	Low	The tutor identifies the safest location and ensures that the learners comply. Alert parents to ground rules about safety of bags.	Tutor and the Learners Every session
Access to doors and windows by children. Affects: Learners and Tutor	Tutor to brief adults at beginning of ever session about any element of risk that cannot be removed.	Medium	All parents to take responsibility for own child and supervise at all times.	Tutor Every session



HAZARD	WHAT PRECAUTIONS ARE IN PLACE	RISK FACTOR	HOW IS RISK CONTROLLED	WHEN BY WHOM
Fire Affects: Learners	Procedures should be checked by tutor before the session begins	Low	Tutors should be aware of the evacuation procedure in the event of a fire at each venue. Tutors must inform all learners at the beginning of each course where the exit points are and what the procedure are for evacuation. A walk through the evacuation route is good practice before the session begins	Tutor Periodically
Kitchen hazards <ul style="list-style-type: none"> • Hot appliances • Knives and scissors • Spitting fat • Hot dishes Affects: Learners	Tutor to brief adults at the beginning of every session about any element of risk that cannot be removed.	High	Learners to use oven gloves and hot appliances should be monitored. All children should be supervised at all times during cooking. Keep the area clean and clear to prevent trips or falls. Reminder at each session.	Tutor Every session
Activity Hazards <ul style="list-style-type: none"> • Scissors/ sharp items • Children tripping running around. • Tripping over toys (under 5s) Affects: Learners	Tutors to brief adults at the beginning of every session about any element of risk that cannot be removed. High	Medium	Parents to work with children at all times, closely supervising. Tutor to monitor situation closely. Children to be warned of dangers before activity. Parents to be briefed on ground rules.	Learners Every session



HAZARD	WHAT PRECAUTIONS ARE IN PLACE	RISK FACTOR	HOW IS RISK CONTROLLED	WHEN BY WHOM
Serious medical incidents Affects: Learners	All tutors should be first aid qualified. First Aid kits should be easily accessible. Know where additional First Aider support is available including the First Aid Kit.	Low	In the case of a major incident the tutor should contact appropriate person/emergency service immediately. Tutors should liaise with venue about what to do in an emergency during initial meetings. Tutors must ensure they have a working mobile phone available at all times.	Tutor Every session

Record incidents/issues during the session. Any near misses should be recorded and reported to the appropriate person.



Quick use-up pizza

Level: Easy

Makes: 6

Time to prepare and cook:
20 minutes (approx)



Throw onto a halved baguette anything that you've got in the fridge to make a wicked pizza.

Ingredients

1 baguette, chop into three, and then split in half

1 garlic clove, halved

2 tbsp olive oil

4 tbsp pizza topping

200g any leftover cheese such as Edam, Gruyere, Cheddar, sliced or grated

Pinch of oregano

Instructions

1. Preheat the oven to 230°C, 450°F mark 8.
2. Rub a halved garlic clove over the split baguette. Drizzle with olive oil. Put onto a baking tray in a hot oven for 5 minutes.
3. Spread pizza topping thinly over the hot bread.
4. Top with the cheese and any other topping that you have in the fridge (see list below). Bake for a further 5 minutes. Sprinkle with dried oregano and arrange on a serving plate.

Suggested additions to topping:

- any cheese such as Edam, Cheddar, Gruyere, brie, goat's cheese etc
- capers
- anchovies
- olives
- leftover chopped or sliced cooked turkey, chicken or ham
- sweet corn
- peas
- Parma ham
- tuna
- sliced mushrooms
- leftover cooked or roasted vegetables, chopped
- pesto
- sun-dried tomatoes.



Baked apple crisp

Level: Easy

Serves: 4

Time to prepare and cook:
45 minutes (approx)



If you've got apples, or pears, that are slightly bruised and past their peak they can be made into this delicious quick pudding in no time. This recipe also works well with an addition of blueberries, blackberries or raspberries.

Ingredients

600g apples peeled, bruises cut away, cored and sliced

2 teaspoons lemon juice

2 tablespoons water

165g soft brown sugar

4 tablespoons melted butter

40g flour

70g porridge oats

Instructions

1. Preheat the oven to 190°C (375°F), gas mark 5.
2. Put the apples in a bowl with the lemon juice, water and 110g of the soft brown sugar, toss together.
3. Then place in greased ovenproof baking dish.
4. Mix together the melted butter with the remaining sugar, and then stir in the flour and oats until evenly mixed.
5. Pour over apples. Bake for 35 min or until the top is golden brown and bubbling.



Sweet and sour chicken stir fry

Level: Easy

Time to prepare and cook:
35 minutes (approx)



Use frozen strips of chicken breasts, you can add them to this recipe straight from the freezer. Make sure they are well cooked through and piping hot. This recipe is a hit with the children as they love the sweet and sour flavours. Accompany this dish with broccoli and rice. You can also use leftover chicken in this recipe.

Ingredients

- 2 tablespoons sunflower oil
- 1 onion, peeled and roughly chopped
- 1 red pepper, cut into strips
- 1 x 200g can pineapple chunks in juice
- 1½ tablespoons caster sugar
- 2 tablespoons soy sauce
- 4 tablespoons tomato puree
- 1 teaspoon mustard
- 125g beansprouts
- 150g mange tout, thickly sliced on the diagonal

1½ tablespoons cornflour

2½ tablespoons Balsamic vinegar

400g skinless cooked or Frozen chicken breasts

Instructions

1. In a large frying pan, fry the chicken in half the oil in batches until brown then remove from the pan.
2. Fry the onion and pepper in the remaining oil then return the chicken to the pan with the pineapple juice along with the sugar, soy sauce, vinegar, tomato puree and mustard. Simmer for 10 minutes, or until the chicken is tender and piping hot. Add the beansprouts, mange tout and pineapple pieces.
3. Blend the cornflour with a little water, add to the mixture. Stir over the heat until the sauce thickens and the pineapple is warm. Serve with boiled rice.



Tuna pasta bake

Level: Medium

Time to prepare and cook:
45 minutes (approx)

To reduce cooking time and make a similar recipe, use a tomato sauce rather than cheese sauce.



This recipe is the ideal easy supper for families, children especially like the simple flavours. It's a great standby to have on your list of dishes to do when you have nothing in the fridge as all the ingredients can be found in your storecupboard or freezer. Use any pasta that you have in the storecupboard but bows, penne or macaroni work best.

Ingredients

4 spring onions or 1 small onion, finely chopped
1 tablespoon olive oil
2 x 185g tins of tuna
125g each frozen peas and sweetcorn
600ml milk
25g plain flour
25g butter
125g hard cheese, grated
A squeeze of lemon juice
1 teaspoon mustard
300g Pasta

Instructions

1. Preheat the oven to 160°C(325°F) mark 3. In a frying pan stir fry the onions for 1–2 minutes in a little oil. Drain the tuna well, and flake into a bowl. Cook the pasta in a pan of boiling water for about 10 minutes or until just cooked. Add the frozen peas and sweetcorn to the pan 5 minutes before the end of cooking.
2. To make the sauce, place milk, flour and butter in a small saucepan and whisk continuously over medium heat until the sauce begins to boil and thicken. Turn down the heat to its lowest and let the sauce cook for 2 minutes. Add the grated cheese and mustard, keeping a little cheese back for the topping. Season with a little lemon juice.
3. Mix the pasta with the vegetables, spring onion, tuna and cheese sauce and pour into a lightly oiled ovenproof dish. Sprinkle with the remaining cheese and bake in a preheated oven until golden on top, about 25 minutes. Serve with steamed green beans or broccoli.



Anything goes quesadilla

Level: Easy

Serves: 4

Time to prepare and cook:
20 minutes (approx)



Keep a pack of flour tortillas handy with leftover veggies like sweet potato, butternut squash or carrots. Then hunt through the fridge and pull out all those scraps of leftover chicken, ham or cheese – the wedge of stilton, the finger of gruyere, the wedge of cheddar, and put the lot together in minutes.

Ingredients

8 flour tortillas

500g cooked sweet potato or butternut squash, lightly crushed or chopped (if cooking from fresh, allow 15 minutes to cook)

Sea salt

Ground pepper

100g creamy blue cheese

200g fresh mozzarella

Instructions

1. Place a flour tortilla in a dry nonstick frying pan and lavishly spread with the crushed vegetables, right to the edges.
2. Season with salt and pepper and scatter with the cheeses. Top with another tortilla and cook over a medium heat until lightly browned, about 3 mins.
3. Turn once, and cook the other side until lightly browned and the cheese has melted.
4. Transfer to a board, and keep warm while you make the others. Cut in half or into quarters to serve.



Banana and yoghurt pancakes with apple and berry compote

Level: Medium

Serves: 4

Time to prepare and cook:
20 minutes (approx)



This recipe is great for using up any leftover yoghurt and over ripe bananas. You can also experiment by adding a few sultanas, flaked almonds or a few soft berries to the batter. Adding the yoghurt to the batter makes them really healthy but you could omit the yoghurt and make the batter with just milk if you prefer.

Ingredients

- 1 egg lightly beaten
- 125ml milk
- 2 over-ripe bananas, mashed with a fork
- 150g plain flour
- A pinch of salt
- 2 teaspoon baking powder
- 1 tablespoon brown sugar
- 125ml natural yoghurt

Instructions

1. Mix together the egg, milk, yoghurt and bananas.
2. Sieve the flour and salt with the baking powder into a large bowl, stir in the 'wet' ingredients and the sugar. The batter will look a little lumpy.
3. Transfer to a mixing jug and allow to stand for 10 minutes.
4. Heat a lightly oiled frying pan over a medium heat until smoking hot, turn the heat down and pour small amounts of batter into the pan. Cook in batches on each side until golden.
5. Use a palette knife to flip the pancakes, put onto a plate in a warm place until you have finished cooking all the pancakes.
6. Serve with the Apple and Berry Compote (and extra yoghurt if liked).



Big spaghetti bolognese

Level: Medium

Serves: 8–10

Time to prepare and cook:
45 minutes (approx)



This recipe is quick and makes enough for a family meal today and one for the freezer. Simply omit the mushrooms if your children dislike them.

Ingredients

900g minced beef
8 tablespoons tomato puree
2 teaspoons dried mixed herbs or a sprig of fresh thyme or rosemary
3 onions, peeled and finely chopped
4 carrots, peeled and finely chopped
1.2 litres of water or homemade stock
3 red peppers, cored and finely chopped
350g button mushrooms sliced
300g spaghetti
Leftover hard cheese

Instructions

1. Dry fry the mince in a large saucepan until brown. Add the tomato puree and herbs.
2. Cook over a medium heat for 1–2 minutes, then add the onion and carrot, water or stock and simmer until the meat is almost cooked, about 20–30 minutes.
3. Add the peppers and mushrooms and cook for a further 10 minutes. Season well.
4. Meanwhile, cook the spaghetti in boiling water for about 15 minutes, drain and add the spaghetti to the meat sauce which stops it from going sticky, mix well together.
5. Serve the spaghetti in bowls topped with grated cheese.



Sausage risotto

Level: Medium

Serves: 4

Time to prepare and cook:
40 minutes (approx)



Risotto is a great vehicle for using up any leftover cooked meat or sausages. Many children love sausages, so cooking a few more with your bangers and mash will leave some leftover for this tasty dish.

Ingredients

1 tablespoon olive oil
1 onion, peeled and finely chopped
1 carrot, peeled and finely chopped
2–3 leftover cooked sausages cut into small chunks
400g leftover boiled rice
400g can of chopped tomatoes
1 tablespoon tomato puree
A pinch of mixed, dried herbs
Grated cheese

Instructions

1. Heat the oil in a saucepan. Add the onions and carrot and cook until just soft. Add the sausages and rice and stir for a minute or so to drive off any excess moisture.
2. Tip in a can of chopped tomatoes, add some tomato puree and the dried herbs. Stir together. Bring to the boil and simmer and stir for about 5 minutes add a little water if needed to thin.
3. Serve with grated cheese.



Mixed vegetable curry

Level: Medium

Serves: 8–10

Time to prepare and cook:
35 minutes (approx)



This is a light and very healthy curry. Add some Greek yoghurt at the end if you like a richer tasting curry. Most vegetables that need rescuing in the bottom of the fridge can be used in this curry.

Ingredients

450g potatoes or sweet potatoes

225g vegetables such as carrots, broccoli, babycorn, brussel sprouts, cauliflower and French beans

2 tablespoons vegetable oil

1 onion, peeled and chopped

4 garlic cloves, peeled and chopped

50g creamed coconut, grated

400g can canned chopped tomatoes

1 level teaspoon of salt

4 handfuls of fresh spinach

4 tablespoon of curry paste, we used Madras curry paste

Basmati rice, to serve

Instructions

1. Cook the potatoes in boiling salted water for 10 minutes. Drain and set aside.

Meanwhile, prepare the vegetables.

2. Heat the oil in a large pan, add the onion and garlic and cook for a bout 5 minutes, stirring occasionally.

3. Add the coconut and curry paste and cook, stirring, for 1 minute. Add the tomatoes and cook until mixture resembles a thick paste.

4. Add the vegetables, salt and 150ml water. Bring to the boil, cover and simmer for about 15 minutes, then add the spinach. Cook for a further 5 minutes or until all the vegetables are just tender. Season and add the coriander sprigs just before serving.



Potato, bacon and feta omelette

Level: Easy

Serves: 4

Time to prepare and cook:
15 minutes (approx)



A quick, substantial supper or breakfast snack that could not be easier. Fresh eggs are the main ingredient and you can pull out and use any other cheese or vegetables to use in this recipe.

Ingredients

A good glug of olive oil

25g butter

1 medium onion, finely chopped

Bacon

Leftover potato or sweet potato

2 tablespoons cream or crème fraîche

125g feta, or any leftover cheese

6 beaten eggs

Instructions

1. Preheat the grill. Heat a non-stick frying pan with a splash of olive oil and a knob of butter.
2. Cook the chopped onion with a little bacon for 3-4 minutes or until lightly golden. Add leftover chopped potato or sweet potato and cook until lightly golden.
3. Whisk the eggs together with the cream or crème fraîche, pour over the potatoes and crumble over feta cheese or grated Cheddar.
4. Cook over the heat until the egg begins to set. Finish it off under a hot grill until the centre is set.



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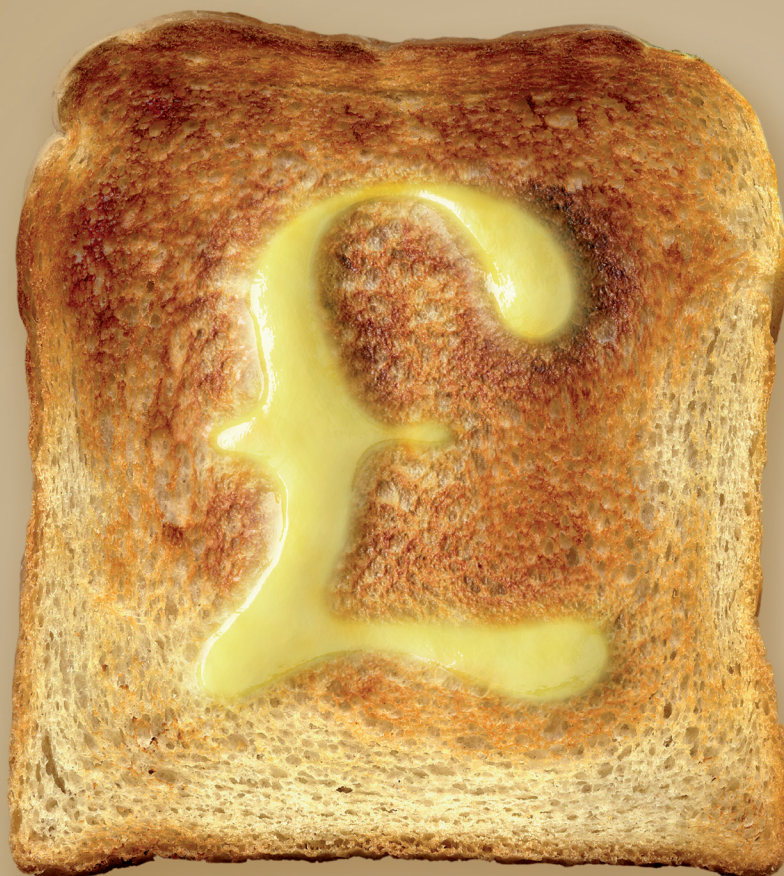
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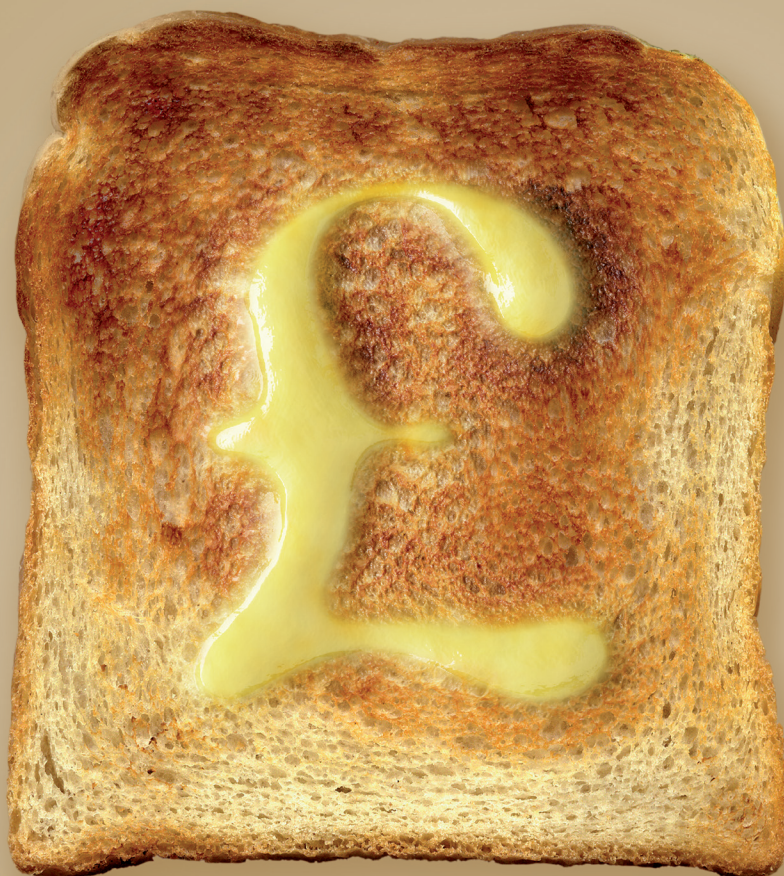
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Cooking Conversion Tables

Pounds and Ounces to Grams

1oz	=	25g	10oz	=	275g
2oz	=	50g	11oz	=	315g
3oz	=	75g	12oz	=	350g
4oz	=	110g	13oz	=	375g
5oz	=	150g	14oz	=	400g
6oz	=	175g	15oz	=	425g
7oz	=	200g	1lb	=	450g
8oz	=	225g			
9oz	=	250g			

Oven Temperature Conversion

Celsius	Fan Oven	Fahrenheit	Gas
130	110	250	1/2
140	120	275	1
150	130	300	2
160	140	325	3
180	160	350	4
190	170	375	5
200	180	400	6
220	200	425	7
230	210	450	8
240	220	475	9

Imperial to Metric Liquid Conversion

1fl oz	=	25ml	1 pint	=	570ml
2fl oz	=	55ml	1¼ pints	=	725ml
3fl oz	=	75ml	1½ pints	=	850ml
4fl oz	=	120ml	1¾ pints	=	1 litre
5fl oz	=	150ml			
6fl oz	=	175ml			
7fl oz	=	200ml			
8fl oz	=	225ml			
9fl oz	=	250ml			
10fl oz	=	275ml			
15fl oz	=	425ml			

Acknowledgments

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