



WHAT'S IN YOUR KITCHEN?

- RECIPES & TIPS -



The Love Food Hate Waste team (L-R): Eleanor Dillon, Kim Young and Ylva Haglund

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Making the most of the food we love.

Wasting food has a huge impact on our wallets and the planet. That's why the Scottish Government has committed to a target to reduce all food waste by 33% by 2025, and why it is one of our key priorities at Zero Waste Scotland. Love Food Hate Waste is here to help us all make the most of the food we love. The food waste champions contributing recipes to this collection demonstrate that 'leftovers' are not waste but great ingredients to make delicious food.

It's not often that 'doing your bit' is so appetising. We hope this inspires you to make the most of what's in your kitchen.

Enjoy!

The Love Food Hate Waste Scotland Team

All of these recipes contain a set of **store cupboard essentials**. These are ingredients that should last for months, if stored correctly. They also contain ingredients that are **common leftovers**. We've highlighted them as follows:

● Leftover ingredient

● Store cupboard ingredient

A BIG THANKS TO OUR CONTRIBUTORS!

The Love Food Hate Waste Scotland team works closely with a wide range of partner organisations from across Scotland. The support of 15 organisations has made the creation of this resource possible. Their work includes:

- Workshops and activities with schools
- Community cooking classes
- Meal sharing with vulnerable people
- Passing on knowledge and advice on healthy and sustainable cooking

Thank you to everyone who has contributed!



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Zero Waste Scotland exists to create a society where resources are valued and nothing is wasted. Our goal is to help Scotland realise the economic, environmental and social benefits of making best use of the world's limited natural resources. We are funded to support delivery of the Scottish Government's circular economy strategy and the EU's 2020 growth strategy, www.zerowastescotland.org.uk @ZeroWasteScot

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