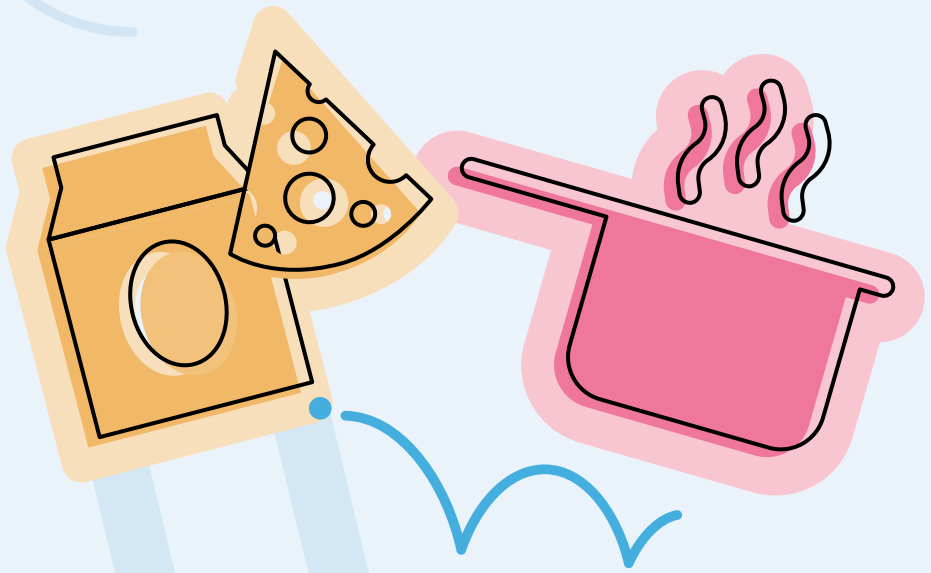


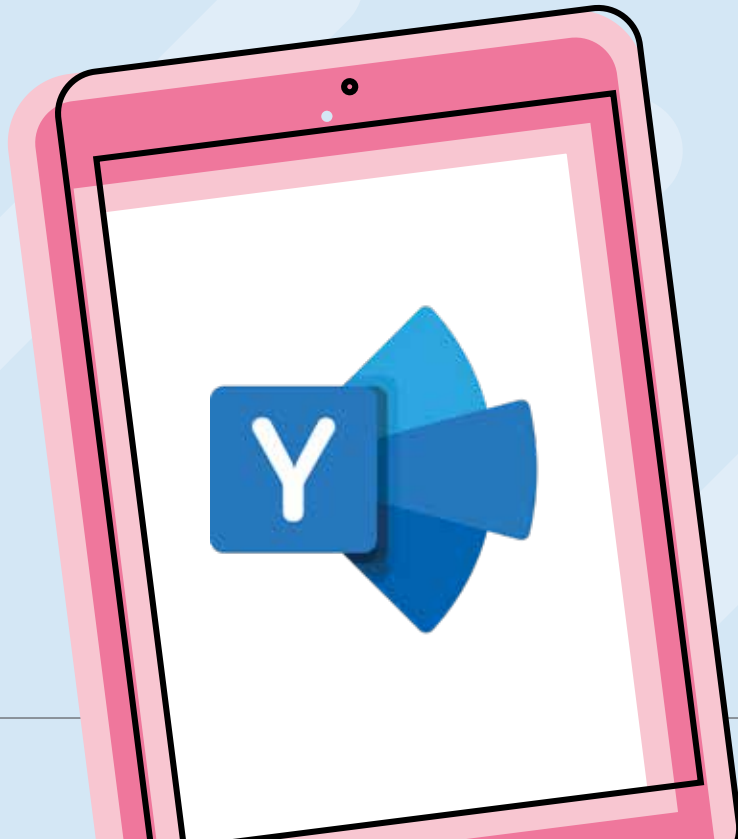
# BEAT THE BIN

Helping the people we support  
to save money, by fighting food waste!



Share your  
**wins!**

Every change you make matters, big or small! Share what you do to Beat The Bin in your service on Yammer using **#BeatTheBin**



## Welcome to Beat the Bin!

On the surface, Beat The Bin is a worthy initiative all about reducing food waste, to save money for the people we support. But, for our charity, it is about even more than the pounds and pennies.

As a care provider, we aim to support people to live the best lives possible, promoting independence and helping people achieve their personal goals.

By helping the people you support to actively participate in planning, buying, cooking and caring for the food they love, you are enabling them to embrace more independence and choice within their daily lives.

By helping the people you support to take care of their budgets, you are helping them find extra money to spend on the things that matter to them.

By helping the people you support to waste less of the precious food they buy, you are helping them take care of the planet we all share.

And for all of that, we can't thank you enough.

*Samantha Brennan*

Managing Director for the North West





# Hello

My name is Oliver and I'm here to help you all learn how to save food, and save pounds!

I've been exploring how to **shop better**, **store better** and **cook better**, so that I can avoid throwing away food, and wasting my money!

On average, people throw away around **£10 of food per week...that's £520 per year!** Imagine what the people you support could do with that extra money!

Food waste is also really bad for the environment too, so it's something we should all take seriously.

I really want to share what I have learned with all of our teams!

So let's get started!

*Oliver*



## Meal Planning for the Pocket

Planning your meals for the week ahead is a great way to save money. It means that you:

- Won't buy more than you need
- Don't get carried away when you visit the supermarket
- Save yourself time and only need to go to the shops once!

Here's our top tips...

### Think of 4-5 meals that you'd enjoy this week

You don't need to plan every meal that you'll eat in the week! Planning 4-5 meals means that you still have plenty of flexibility and can also enjoy any leftovers that you have.

Have fun with the people you support exploring the meals that they'd really enjoy to cook and eat in the week ahead.

### See what you already have in your kitchen

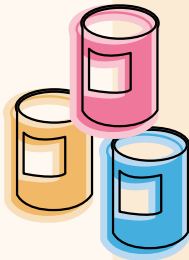
Check your fridge, freezer and cupboards for ingredients that could inspire a meal! If we know what we have, we know what to buy!

Remember, by avoiding buying ingredients that we already have, we're helping the people we support to save money for the things they really want to spend it on.

### Plan meals that include some similar ingredients

There are some ingredients that are real staples of many meals. Just think of how many different things that you can make with mince, onions, and cans of tomatoes!

When you're planning for the week ahead, consider different meals that use the same ingredients. That way, you'll use up all your fresh food before it goes off.



### Be smart with leftovers

If you have leftovers, you can use them for lunch the next day or put extra portions in the freezer for another week.



### Bonus points for Batch Cooking!

If you really want to save time and reduce food waste, one great option is 'Batch Cooking'.

This is where people cook a range of meals for the weeks ahead. They portion them up and freeze them, ready to defrost when they want them. This is a great way to get your cooking out of the way and just make what you need.

If you support someone who'd love to have a big cookery morning or afternoon, this can be a really productive activity that they'd enjoy and will save money from. We tell you how to do this on page 12.

## Save with a Shopping List!

If we only buy what we need, we save money and avoid throwing food away! A simple shopping list can help keep the people you support on track with their spending.

### Keep a pad and pen in the kitchen, or set up a list on your phone

If you run out of something that you need, add it to your list.

### Check your fridge, freezer and cupboards

Have a quick look through your kitchen once a week to see what you already have, and what is running out.

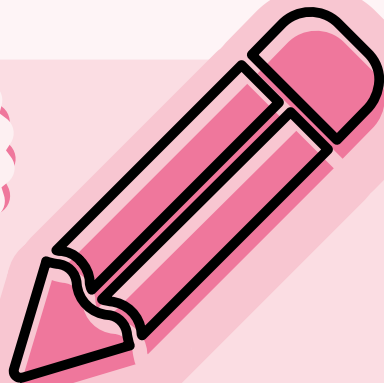
### Plan your meals

Once you know what you have in your kitchen, spend a few minutes thinking about what meals you'd like to cook. Add the extra ingredients you need to your list.

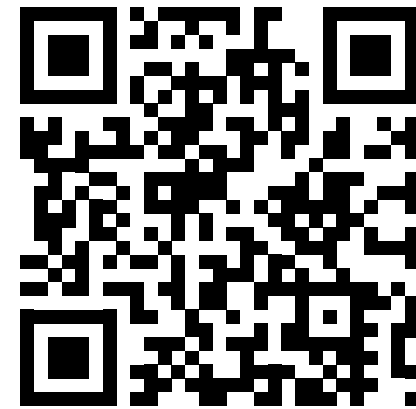
### Stick to it!

It's so easy to get carried away when shopping, with special offers and interesting packaging. Stay disciplined and remember to only buy what you need.

Stick to it,  
and you'll  
be a smart  
shopper!



SCAN ME!

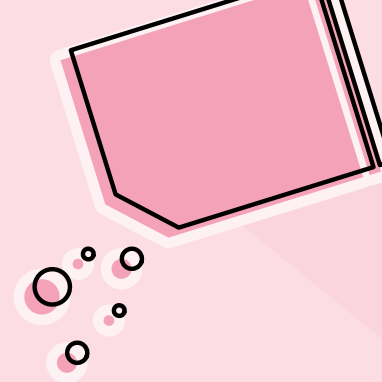
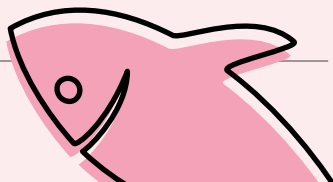
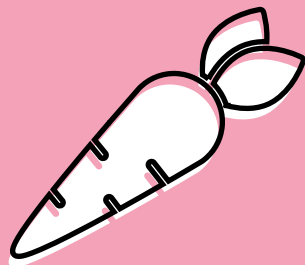
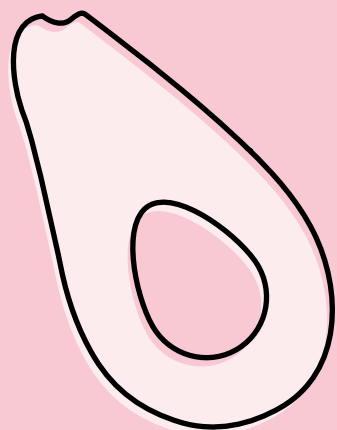


Download your free  
shopping list template at  
[www.BeatTheBin.co.uk](http://www.BeatTheBin.co.uk)

## Proper Portions

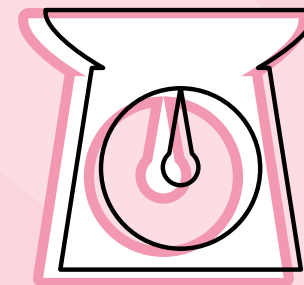
We've all been there! We go to cook rice or pasta and guess what we need, add a bit more (just to be sure!) and then end up with way too much.

Having proper portion sizes is really important if we want to avoid wasting the people we support's money. It's also really important to their health too – obesity is one of the main causes of ill health for people who access care and support, and by portioning right we can help people to enjoy a healthy diet.



### Use recommended portions

Find them on packaging to help you work out what you need.



### Weigh food

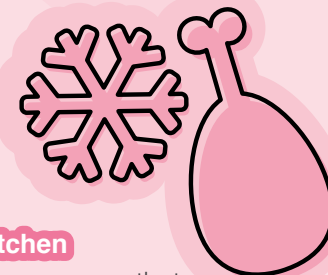
Get some scales for the kitchen to weigh your ingredients. Learning to weigh food and getting into the habit is a useful skill.



### Use special tools

If weighing food isn't for you then other measuring tools can really help, like measuring spoons, or even specially designed spaghetti measures and rice scoops!

These are really cheap to buy and easy to find from homeware outlets or Amazon, so will save the people you support a lot of money in the long run.



### Or find tools around your kitchen

Discover if you have a cup that holds the perfect portion of rice, and use the same one each time.

## Serving Suggestion

Putting food in serving dishes means that people only take what want, so leftovers can be saved for later. What an easy way to Beat The Bin!

## Batch Cooking

Cooking a lot of a meal, then storing it in portions for later, is a great way to minimise waste and maximise budgets. This is called 'batch cooking'.

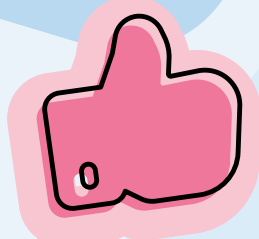
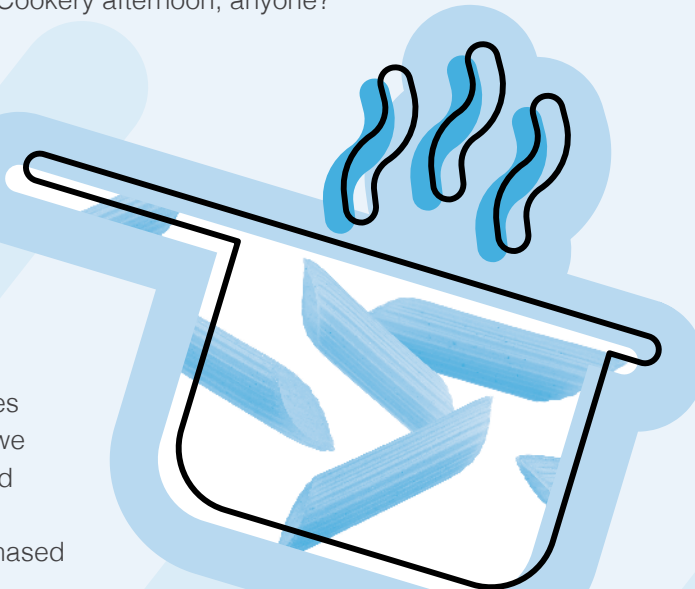
If you support someone who loves to cook, this is a great way to introduce them to a fun activity that saves them money. Cookery afternoon, anyone?

### Bonus!

Batch cooking also makes the most out of the time we dedicate to shopping and cooking, since all of the ingredients can be purchased and cooked together.

### TOP TIP

One of the simplest ways to batch cook is by making one base recipe which can be adapted into different dishes. For example tomato & mince which can be used in a ragu pasta sauce, a chilli or cottage pie.

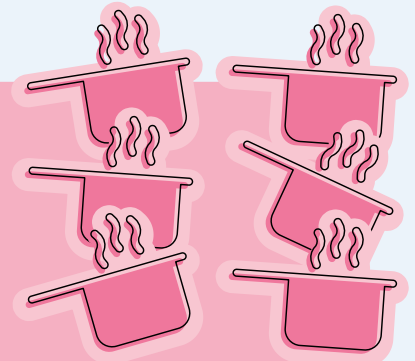


## 3 ways to Batch Cook

1

### Batch cook whole meals.

Divide into portions, and freeze. So, as an example, double the quantity that you usually cook - eat half tonight and freeze half for another day.



2

### Prepare whole meals, and freeze them to cook later.

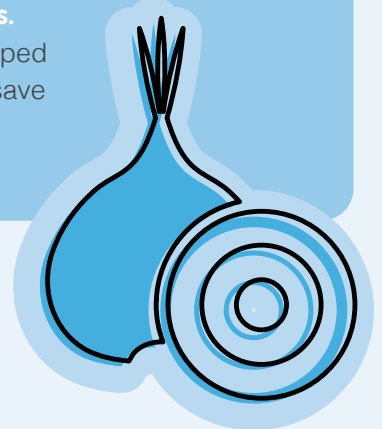
If you have more food than you need, prepare it to be cooked another time - like washing and chopping all the ingredients of a stew.



3

### You can also store left over ingredients.

Half an onion spare? Too much chopped carrot? Stick them in your freezer to save time when you next cook!



## Stay Storage Smart

If we store food well, it will stay fresh for longer. There's simple rules that can be followed to help the people we support to Beat The Bin.

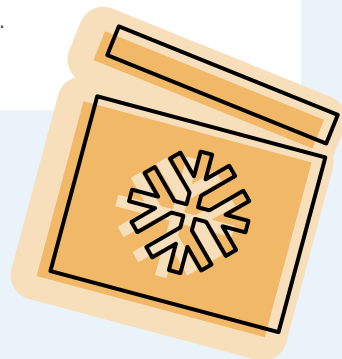
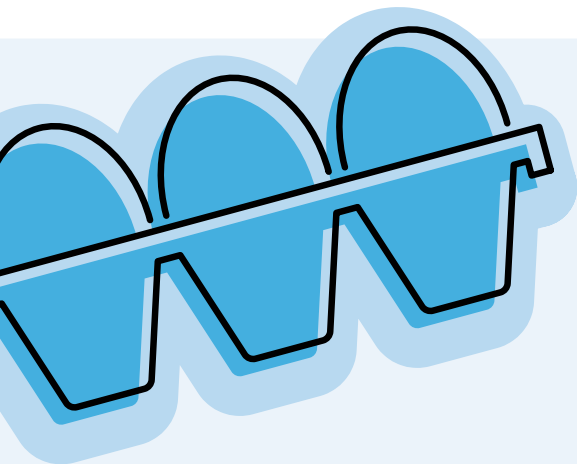
### Know your temperatures

Different foods need to be kept at different temperatures. Some foods should be kept at or below 5°C in the fridge, or below -20°C in the freezer. Other foods should only be stored at room temperature. Just read the storage instructions on the packaging!

### Storage Secrets

Most dried and canned foods have storage instructions on their packaging. Fresh produce may not always have any, so remember:

- Bread should be stored in a dark, dry place, in an airtight bag or box. You can also freeze slices of bread.
- Keep your eggs in an airtight container on a refrigerator shelf, not in the door.
- Potatoes are best kept in a dry, dark place.
- Fruits such as tomatoes, melons, aubergine, bananas, and peppers should be kept at room temperature.



## Get familiar with the fridge

Knowing where to store different types of food in the fridge can help make them last longer.

### Upper shelves:

leftovers, drinks and yoghurts



### High humidity drawers:

fruit, herbs, mushrooms



### Low humidity drawers:

green vegetables, carrots



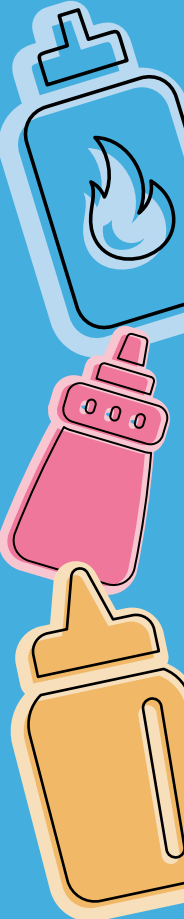
### Lower shelves:

meat and fish



### Door:

sauces, butter and milk



## GOLDEN RULE!

### First In, First Out

Putting newly bought items to the back of our cupboard, fridge or freezer, and bringing older items to the front can help us to remember what to use first.



## Be Freezer Friendly

The freezer is the best money-saving tool we have in our kitchen! Before we put food or extra portions in the fridge or cupboards, we should stop and think “Can I freeze this instead?”

### Cool foods down before you freeze them

It's not safe to put warm food in a fridge or freezer.

### Freeze food in portions

You don't want to have to defrost a stew big enough to feed four when you're only eating it yourself.

### Label what you freeze

Labelling your frozen portions will help you remember what it is.

### Seal food well to avoid 'Freezer Burn'

If your food isn't properly sealed, the taste and texture will be affected.



## Freeze Me!

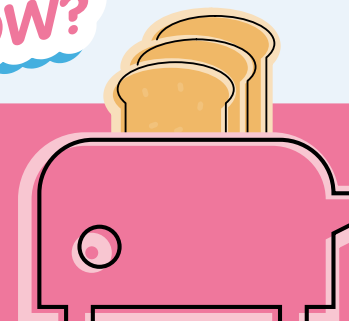
Here are just some common food items that freeze well.

- Portions of butter and margarine
- Grated cheese
- Bread
- Milk (for up to one month)
- Raw pastry
- Yogurt and cream
- Raw eggs can be frozen (removed from their shells)
- Portions of stock



## DID YOU KNOW?

You can put slices of frozen bread straight in the toaster!



## 'Use by' vs 'Best before'

While we should never eat food past its 'use by' date, the 'best before' date gives us a little bit of wiggle room. Understanding the difference can help us save a lot of food from the bin.

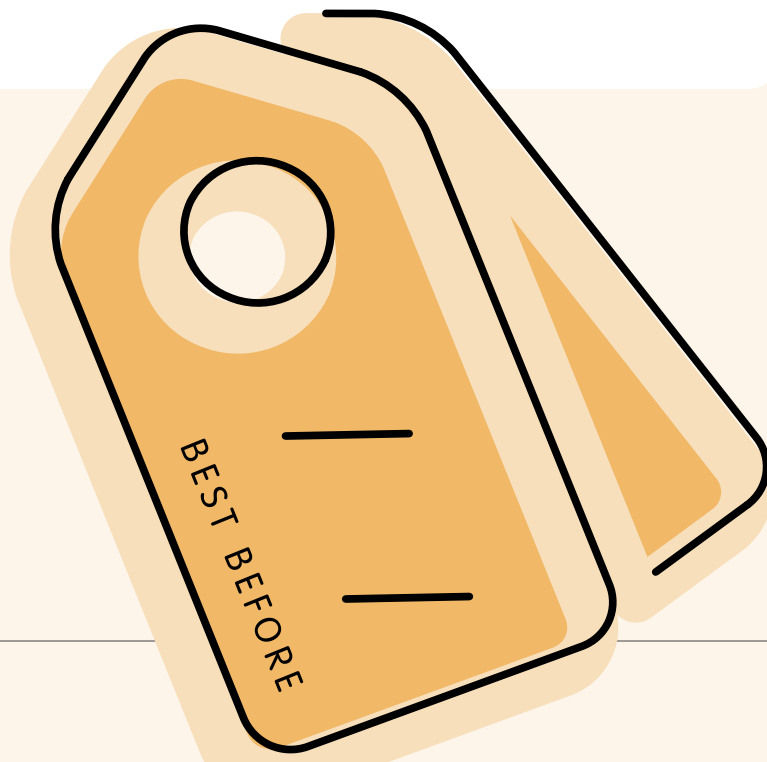
### 'Use by'

The 'use by' date is a safety measure and gives a deadline, telling us when our food will become unsafe to eat.

Even if your food looks and smells okay, you should not eat food after its use by date as it could make you ill!

### 'Best before'

'Best before' refers to quality, so food is still safe to eat after the given date, but the flavour, smell or texture may be affected. So be careful, don't just throw something away because it has reached its 'best before'. The food might still be absolutely perfect to eat!



### Now you know...

- At the shops, check the 'use by' or 'best before' dates to avoid buying food that will need to be used quickly.
- When storing food, put new items to the back, and items closer to their 'use by' or 'best before' dates to the front.
- As food reaches its 'use by' date make sure to eat it, cook it or freeze it.

## GOLDEN RULE!

The 'use-by' date is a **DEADLINE** but 'best before' is a **GUIDELINE**, for when to eat your food.

## Swap Fresh Food for Frozen

Changing our buying habits to frozen can save lots on our weekly shop. When a recipe requires just a few leaves of spinach, or one chicken breast, frozen packs mean we don't have to use up the rest.



### Buy bulk frozen packs

They are often cheaper than fresh, while still tasty and nutritious.

### Check the serving size

Frozen foods, such as bags of mixed veg, often have serving size information on the packaging to help us work out how much we really need for our plate.

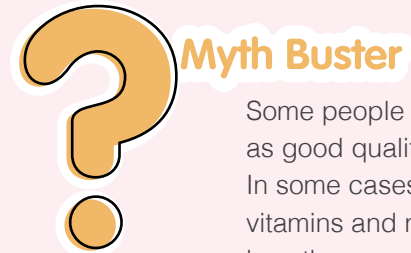
### Stay healthy by checking the ingredients

When buying vegetables, look for 100% pure vegetables as the only ingredient. When you purchase frozen meat, check that there aren't any added seasonings, sauces or other unexpected ingredients.



## Bonus!

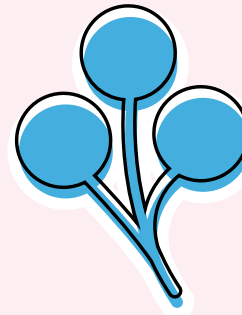
Spend less time chopping and washing food. Lots of frozen fruits, veggies, meat and poultry come pre-prepared.



## Myth Buster

Some people believe frozen food isn't as good quality as fresh, but they are wrong! In some cases, frozen foods have even more vitamins and minerals because fresh foods lose them over time while freezing preserves nutrients.

Frozen is a great way for the people we support to enjoy a nutritious diet.



## Berry nice!

Buying bags of frozen berries means you can enjoy them no matter the season. You can use them in lots of different ways:

- a topping for yoghurts and ice cream
- as part of a dessert
- or blend them up as part of a smoothie.

These are ideal accessible cookery activities for lots of people we support, and a tasty way to enjoy a healthy diet.

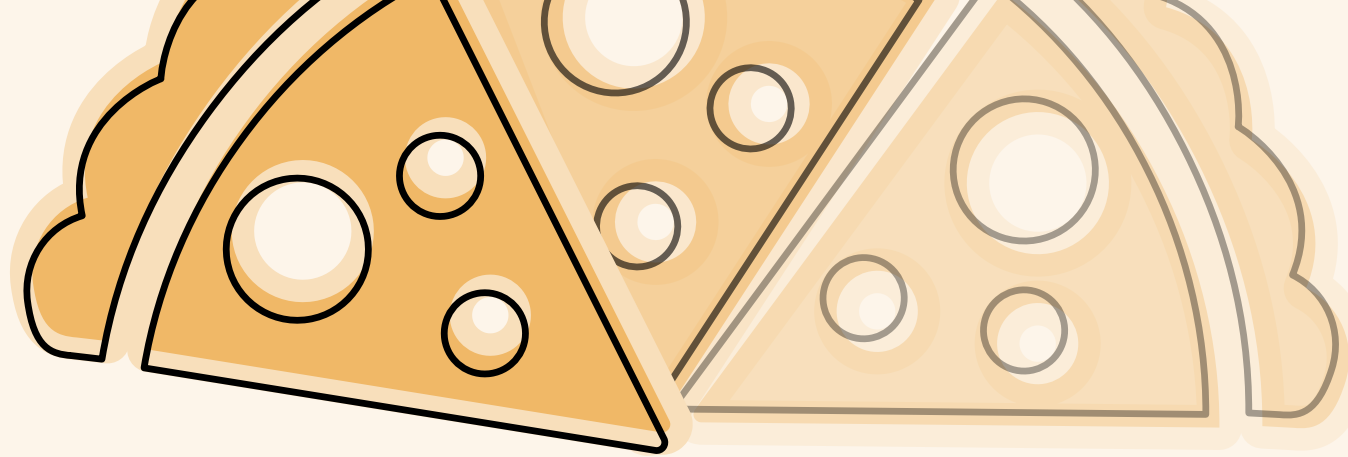
## Love Your Leftovers

Got leftovers? Instead of throwing them away, we can eat them another day!

### Rules for eating leftovers

The important thing when it comes to using leftovers meals is to ensure they are safe to eat.

- Make sure you cool them, cover them and get them into the fridge within two hours of cooking.
- Eat your leftovers within two days.
- Either eat them cold or heat them until they are piping hot.
- If you don't think you are going to eat your leftovers within two days, freeze them!



### Get creative with your leftovers!

There are so many easy and brilliant ways to transform leftover ingredients into delicious dishes!

- Use up bananas in a simple microwave mug cake
- Toss leftover chicken into a healthy salad
- Top tortilla wraps with leftover meat and cheese for easy pizza wraps
- Combine fruits in the blender for nutritious smoothies
- Chop potatoes, add oil and seasoning for simple oven chips
- Throw extra veggies into a pot for tasty soups
- Invent your own special signature sandwich with your leftovers!



## Banging Slow Cooker Bolognese

Why is this so banging? Because I just BANG everything in the slow cooker! Once this is cooled, separate into portions and **freeze for another day**.

### Ingredients

1 onion (or a large handful of pre-chopped frozen onions)

500g mince

2 chopped carrots

1 tsp lazy garlic

1 tsp chilli flakes or oregano

1 tinned tomatoes with herbs

2 tomato puree

1 beef stock cube, crumbled

### Method

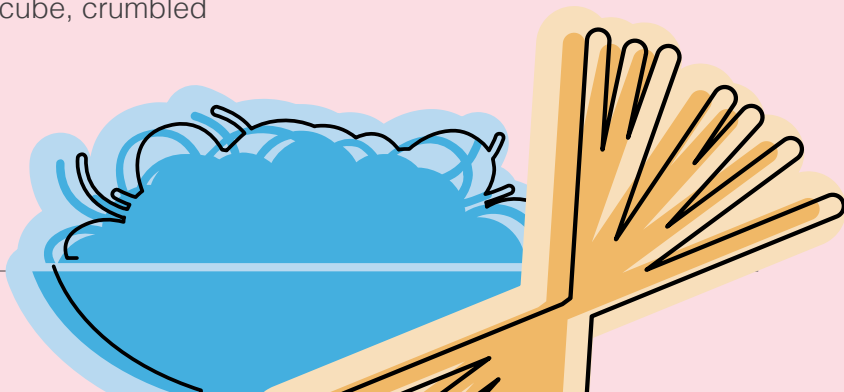
Soften the onions and brown the mince.

'Bang' in the slow cooker with all other ingredients!

Put the lid on and cook on low for 6 hours.

Serve with pasta and a sprinkle of cheese.

***Bellissima!***



## Eton Mess



A quick and tasty treat to make in less than a minute. This is great way to use **fabulous frozen fruit!**

### Ingredients

1 meringue nest

3 tbsp greek yoghurt

handful of frozen berries

squeeze of honey

### Method

Add each ingredient to a bowl, and enjoy!

***It's as easy as that!***



### Oliver Says...

Visit [www.CareToCook.co.uk](http://www.CareToCook.co.uk) to discover some of my favourite accessible and delicious recipes. The people you support will love to try them!

SCAN ME!

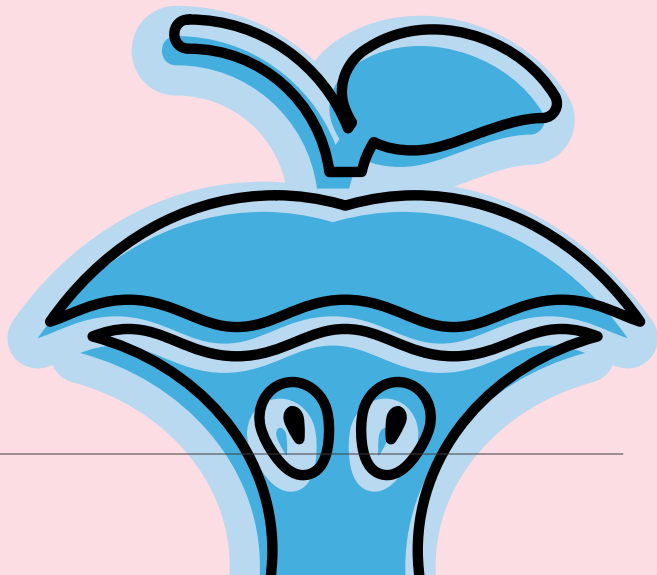


## Home Composting for the Environment

Food waste can have a massive impact on the environment and the planet, as well as our wallets. Composting is an easy way to reduce food waste that would go to landfill.

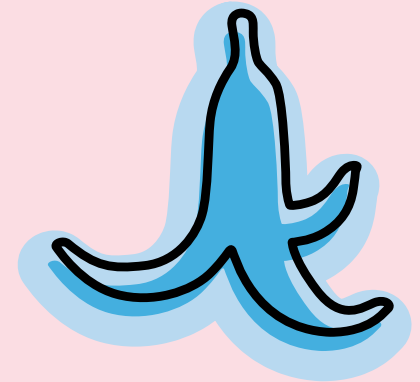
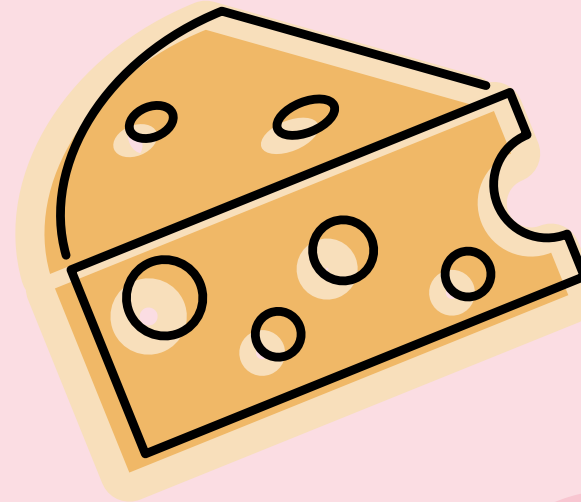
Depending on your method of composting, you could save different kinds of food from the bin, and use them to make nutrient-rich compost for your garden or vegetable patch.

Table-top compost bins are really cheap and they help the people we support to save money on their gardens too!



## Food that can be composted

- Raw food waste – peelings, vegetable cores, fruit peel
- Cooked food including meat and bones
- Cheese
- Onions, garlic, chilli
- Citrus peelings
- Fat and oil





# BEAT THE BIN CHALLENGE

21 FEBRUARY - 20 MARCH 2022

HELPING THE PEOPLE  
WE SUPPORT SAVE FOOD,  
AND SAVE MONEY.

**Thank you to our partners**



Merseyside Recycling & Waste Authority

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Community  
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Community Integrated Care is also a registered charity  
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Community Integrated Care, Old Market Court, Miners Way,  
Widnes, Cheshire, WA8 7SP

[www.communityintegratedcare.co.uk](http://www.communityintegratedcare.co.uk)