

# FOOD WASTE ACTION WEEK

TOOLKIT



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# INTRODUCTION

The heart of every care home, the kitchen not only prepares nourishing meals but also plays a vital role in fostering a sense of comfort and well-being for residents. However, this essential space can also generate a substantial amount of waste, which poses both environmental and economic challenges.

With many of your residents coming from a generation where waste didn't exist it's important to do what you can to reduce waste where you can.

This toolkit provides some helpful tips, waste reducing recipes and activities for your residents.

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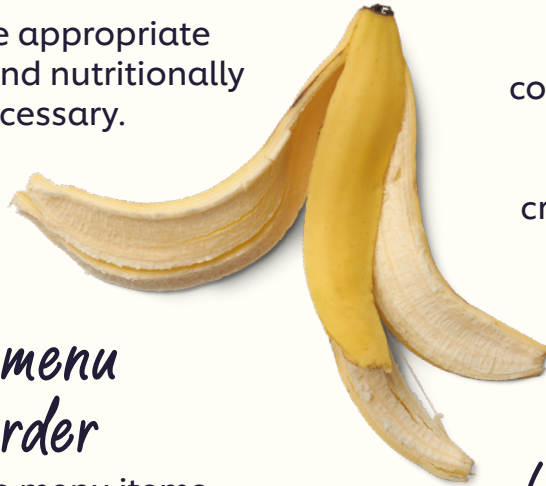


# WASTE REDUCING TIPS

## *Portion sizes*

Get to know your residents, a great waste-saving tip is to ensure each portion size is appropriate for the individual, particularly considering this if they have a low appetite. Larger portions can be off-putting and overwhelming which will increase plate waste.

Portions should be appropriate to each resident and nutritionally boosted where necessary.



## *Make your menu work harder*

Make sure that the menu items you're choosing are hard-working and flexible, this will save in kitchen complexity and mean you're getting the most out of each ingredient you purchase. Use dish components from menus to create snacks or treats for in-between meals – menu items can be incorporated into different snacks throughout the week.



## *Use all ingredients*

Before you throw any food items away, double check that they cannot be used for anything else. For example, if you're peeling potatoes, consider what meals or snacks you could create using the leftover peels – home-style crisps or to blend into a soup?

## *Using up leftovers*

As chefs, we know that sometimes fresh produce can go to waste due to not being used before spoiling. A top tip to reduce this is to look at what potentially might go to waste, and before it spoils see if you can create a simple soup.

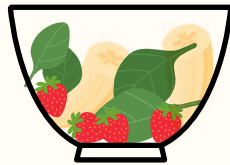
For example, if you over ordered carrots, why not cook down and blend with Knorr Professional Vegetable Powder Bouillon to create a deliciously comforting soup? This could be applied and adapted to most vegetables!

# SMOOTHIE MAKING

## *You will need:*

- Fruit and vegetables such as bananas, apples, mangos, mixed berries, carrots, avocado, spinach, tomato, cauliflower
- Ice cubes
- 1 Bowl (or cup) per participant
- Sweetener or nut butters such as peanut butter, maple syrup, honey
- Toppings such as sliced fruit, seeds and granola

1



Pick a mix of fruits and vegetables to form the base of your smoothie and add to your bowl or cup.

2



Pick a sweetener or nut butter to add extra flavour or thicken up your smoothie and add to your bowl or cup.

3



Hand your bowl or cup to a member of staff and they will blend your smoothie.

4

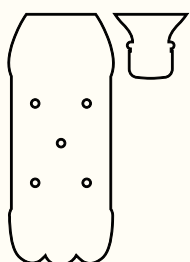


When your smoothie has been made, it's time to add toppings! Get creative and add as many or as little as you want, then enjoy your creation!

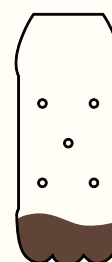
# MINI COMPOST BIN

## *You will need:*

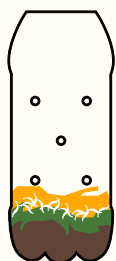
- 1 clean, empty bottle per participant
- Vegetable scraps
- Spray bottle with water
- Dirt
- Shredded newspaper
- Coffee grounds
- Old leaves
- Egg shells



**1** Ensure your bottle has the top cut off (but set aside for later) and air holes have been made in the side.



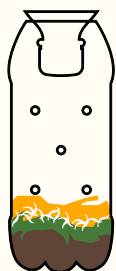
**2** Take your empty bottle and add a good layer of dirt to the bottom of the bottle. Set your bottle top aside for later.



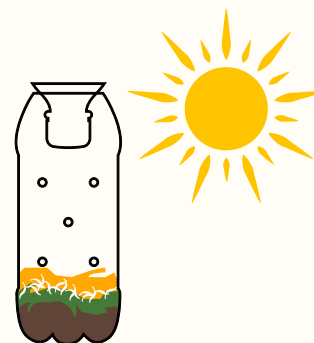
**3** Add vegetable scraps, shredded paper and old leaves to the bottle on top of the dirt to form your compost starter.



**4** Use the spray bottle to wet the compost thoroughly.



**5** Take your bottle top and turn it upside down, ensuring the lid is removed, and put it in the top of the bottle. This will help keep the contents damp.



**6** Place in a spot where sunlight can reach it. Cover the top of your compost with a kitchen towel when not in use.

# CREAMY CHICKEN PENNE PASTA



This is an easy dish that can be created in the kitchen within a matter of minutes. It's versatile and can act as a great starter or evening option.

## Ingredients

- 1.3kg Penne pasta (cooked)
- 500g Roast chicken (cooked, skin and bone removed)
- 600g Double cream
- 300g Water
- 200g Mushrooms, sliced
- 200g Spinach
- 150g Peas
- 150g Sundried tomatoes
- 100g Parmesan cheese
- 30g KNORR Professional Chicken Bouillon Paste
- 20g Butter
- 15g Garlic paste
- 3g Lemon juice
- Salt and pepper, to taste

## Method

1. In a pan, heat the butter and fry the mushrooms for 2 minutes until golden brown.
2. Add the cream, water, garlic paste and KNORR Professional Chicken Bouillon Paste together and bring to the simmer.
3. Add the chicken and gently cook for a couple of minutes to heat the chicken.
4. Add the pasta, peas and sundried tomatoes and continue to cook, reducing the sauce so it coats the pasta.
5. Remove from the heat and stir in the baby spinach and Parmesan cheese.
6. Season to taste with lemon juice, salt and pepper.



# HERB BREADCRUMB



This is a simple yet delicious herb breadcrumb recipe.

## Ingredients

200g	Parsley
20g	Thyme, sprig
20g	Rosemary, sprig
2	Garlic cloves
300ml	Olive oil
500g	Breadcrumbs
20g	KNORR Professional Vegetable Bouillon Powder
5g	Cayenne pepper

## Method

1. Remove the tough stalks from the herbs and roughly chop the herbs.
2. Combine all the ingredients except the olive oil and blend together to a fine green crumb.
3. Gradually add the oil to slightly bind the crust.
4. Season to taste with KNORR Professional Vegetable Bouillon Powder and cayenne pepper.



## Chef tips

Discarded herb stalks can be used in soups or sauces. Herb crust can be stored in the freezer for future use.

If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs.

To find out more and to sign up visit [ufs.com](https://www.ufs.com) or call us **0800 783 3728** and choose option 1.



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