


Food item	LFHW tip
Starchy food	
Spaghetti	<p>There are handy gadgets for some foods, like spaghetti, to help with portions.</p>  <p>Cooked too much pasta? Cook down under cold water, drain and freeze for another day. When you want to use it place in boiling water for a couple of minutes to reheat.</p>
Noodles	
Rice	<p>Ideally eat straight after cooking. If not, cool as quickly as possible, ideally within one hour. To do this, drain the rice in a colander, rinse with cold water then tip into a large shallow container. Once cold, cover and keep it in the fridge for no longer than one day before re-heating. Ensure the rice is piping hot before serving.</p>
White bread - loaf	<p>To keep bread fresh and soft, keep in a fairly cool, dark and dry place like a bread bin or cupboard. Don't keep in the fridge.</p> <p>Once a loaf is opened, fold the wrapper under the loaf or re-tie it with the 'best before' tag. Keep the end crust in place on top of the loaf slices to keep the next slice fresh. If you buy a multi-buy, or it takes you a while to use up a pack, consider freezing some of the bread either on the day you buy them or at any time up to the best before date. To make it easier to separate bread slices after freezing, bang your fresh loaf on a work surface before you put it in the freezer. You can keep bread frozen indefinitely but for the best taste from frozen try to use them within three months.</p> <p>Old bread makes great breadcrumbs – you can freeze them to use for crumble toppings, stuffing, thickenings for sauces, coating with egg and breadcrumbs etc.</p> <p>To refresh stale bread, soak under running water. When really sodden reheat in a moderate oven until crisp and golden on the outside and light in the middle.</p> <p>For bread that's a little stale, place it in the microwave on full power for about 10 seconds (depending on the power of the microwave), and it will soften up nicely. Not quite fresh but the next best thing.</p> <p>Frozen sliced bread is always useful – simply pop a frozen slice directly into the toaster for a little longer than normal.</p>
White bread - bagels	See bread
White bread - panini rolls	See bread

White bread - garlic bread	
White bread - naan bread	See bread
Flour (for cooking)	Place your bag of flour in a tightly closed plastic bag (a freezer clip, twist tie, or a clothes peg work well) or a Tupperware pot for maximum freshness.
Wholegrain bread - loaf	See bread
Wholegrain bread - rolls	See bread
Wholegrain bread - tortilla	See bread
Wholegrain & high fibre cereals	<p>Keep the cereal packet well sealed either with a bag clip or in a Tupperware pot.</p> <p>If the dry cereal has gone "soft" they are easy to revitalize. Just spread in one layer on a baking sheet and put in warm oven for 3-5 min. Let them cool to re-crisp and repackage into airtight containers and they will have another several days or more of being crisp and crunchy.</p>
Other breakfast cereals	See wholegrain cereal
Potatoes	<p>To store your potatoes, take them out of the plastic bag and put them into a cloth or natural fibre bag. Store them away from strong smelling foods such as onions. Choose somewhere cool, dark and airy - not the fridge.</p> <p>For storing cooked potatoes, The Food Standard's Agency advise that once cooked they should be cooled within 1-2 hours, and then stored in the fridge for up to two days.</p> <p>Cooked potato can be frozen whether boiled or mashed.</p> <p>When potatoes are exposed to either artificial or natural light, they can develop a green colour due to chemical changes. These may make those green bits of the potato unsuitable to eat but this can be avoided by simply cutting them out.</p> <p>It's safe to cook potatoes that have sprouted but they may not keep well and are more likely to blacken when cooked. Whatever your choice, always remove the sprouts before using.</p>
Fruit & vegetables	
Fresh carrots	<p>Carrots stay fresh and hard for even longer by keeping them in the fridge and keeping in the packaging or loosely tied in the free vegetable bag they were brought home in.</p> <p>Put soft carrots in a glass of water in the fridge - they'll perk up in no time.</p>
Turnips/parsnips	Turnips and parsnips will keep fresher for longer if you keep them in the fridge rather than at room temperature.

Canned tomatoes	If you have leftover canned tomatoes either keep them covered in the fridge if you are going to use them in the next 2 days or place into the freezer for another time.
Frozen peas	Keep frozen
Fresh cabbages, Brussels, other brassicas	<p>All brassicas keep fresher for longer stored in the fridge in a loosely tied plastic bag retains its freshness and quality for longer than storing it loose in a vegetable rack at room temperature.</p> <p>If you've accidentally overcooked the Brussels sprouts or have masses leftover, puree in a food processor with some crème fraiche and serve as a puree. This can also be frozen for later.</p> <p>If green veg and salad leaves are a bit past their best, soak them in cold water for thirty minutes to freshen them up.</p>
Fresh cauliflowers, broccoli	<p>Broccoli stored in the fridge in a loosely tied plastic bag retains its freshness and quality for longer than storing it loose in a vegetable rack at room temperature.</p> <p>If your broccoli's a bit soft, cut a thick slice off the bottom of the stalk, put it in a glass with water and leave in the fridge overnight to crisp up. If you have lots of leftover broccoli, add a little skimmed milk and puree. Serve as a sauce for fish or chicken. It tastes creamy and isn't fattening. Don't discard the stalks they're the best bit! Peel the stalks, cut lengthways and cook with the florets or eat raw.</p> <p>Covering your cauliflower - either with its own leaves or a plastic bag - stops it going brown. So buy cauliflowers with their leaves still on and leave them on - it'll keep for longer.</p> <p>Make a big batch of cauliflower cheese, split it into individual portions and freeze. It's great if the cauliflower isn't going to last much longer. It's tasty with garlic in the cheese sauce and topped with breadcrumbs and parsley!</p>
Mushrooms	<p>When buying loose mushrooms, keep them in the paper bags provided and put in the fridge for freshness. Chilled they last much longer than if kept out of the fridge.</p> <p>If you buy large punnets of mushrooms you can keep them fresher for longer by covering them with a tea towel folded into layers and tucking it quite tightly inside the punnet, like a snug blanket. Then keep the mushrooms in the bottom of the fridge and don't forget to tuck the rest back in every time you take some out.</p> <p>If your mushrooms are looking a bit wrinkled, chop them and toss them in some melted butter and freeze – great on pizzas, in stews and casseroles.</p>

Onions	<p>Onions freeze well and it's just as easy to chop up three as one and freeze. If you're in a hurry it's a great help and no smelly hands or chopping board to wash.</p> <p>Like potatoes, onions like to be kept cool and in a dark dry place.</p>
Canned or frozen sweetcorn	<p>If you have leftover canned sweetcorn pop it into the freezer for another time – defrost overnight in the fridge.</p>
Fresh pumpkins, squash	<p>Use up leftover squash in soup and then freeze for another time. Once cut open store in the fridge in a loosely tied bag.</p>
Apples/pears	<p>For freshness and quality store your apples/pears in the fridge. Keeping them in the fridge in a loosely tied plastic bag will help stop them shrivelling up. Add to the fruit bowl to bring to room temperature before eating.</p> <p>There's always one bad apple that spoils the barrel, so keep an eye on your fruit. Separate out fruit which is ripening more quickly than the others.</p> <p>If apples have bruised areas, simply cut off, and grate the remaining apple into salads or cut into wedges and give to children as a snack. Apples can be frozen in slices after they have been quickly cooked in boiling water. Freeze in a single layer, then pack into bags once frozen. Use the frozen apples to make into apple sauce.</p>
Citrus fruit	<p>Keep lemons in the fridge, in a loosely tied plastic bag, for freshness. Bring to room temperature to use them. Buy lemons when they're on offer and chop them into wedges for drinks and freeze them.</p> <p>Juice lemons and freeze juice in an ice-cube tray then freeze the skins. They are much easier to zest with a grater when frozen.</p> <p>Store oranges in the fridge. Oranges keep their freshness and quality for much longer than storing them at room temperature, and keeping them in the fridge in a loosely tied plastic bag will also help stop them shrivelling up. Add to the fruit bowl to bring to room temperature to taste their true sweetness.</p>
Currants	<p>Place in a tightly closed plastic bag (a freezer clip, twist tie, or a clothes peg work well) or a Tupperware pot for maximum freshness.</p> <p>If you're making a fruitcake and the dried fruit looks a little dry, pour boiling water over it in a bowl and leave for 30 minutes.</p>
Fruit juice	<p>Make lollies from leftover juice. You can buy plastic lolly moulds to use in the freezer.</p>

Milk	<p>Use up milk to make fabulous scones. Whip up a batch of scone mix and freeze it in scone sized portions until you're ready to use them.</p> <p>Freeze semi-skimmed milk (fresh or long life) when you have half-finished bottles or bought too much.</p>
Cheese – stilton	<p>Too much stilton cheese at Christmas? It can be frozen and used later.</p> <p>Stilton doesn't need grating before freezing because it's not pressed in the manufacturing process like hard cheeses. Can be used straight from frozen in sauces and soups.</p>
Cheese – parmesan	<p>Fresh parmesan can be expensive. To make it last longer grate the whole wedge of parmesan into a container and place in the freezer – it'll last for ages! Delicious sprinkled over Bolognese when serving or added to cheese sauce.</p>
Cheese – cheddar	<p>Cheddar can be frozen – simply grate and pop into the freezer – use sprinkled on pizzas, in sauces and in lunchtime sandwiches (if made in the morning it will have defrosted by the time you're ready to eat!)</p> <p>Keep sealed in the fridge to keep it fresh.</p>
Cheese – cream cheese	<p>Keep covered in the fridge.</p> <p>Use up leftovers stirred into a pasta salad.</p>
Yoghurt/fromage frais	<p>Add leftover yoghurt to fruit smoothies and juices, or to a cake or scone mixture instead of milk.</p> <p>Frozen yogurt makes a lovely dessert and tubes of fromage frais made for children are actually easier to eat once frozen.</p> <p>If you have a big family sized pot of yogurt to use up, try pouring it in to ice lolly moulds. Mix yoghurt with any over ripe fruit such as banana and strawberries. Pour into lolly moulds and freeze.</p> <p>You can use fromage frais instead of butter and milk in mashed potato, and then use the remainder to thicken curry, or use with a little artificial sweetener and vanilla essence instead of cream on fresh fruit desserts.</p>

Eggs	<p>Eggs should be kept at a constant temperature below 20°C. Most modern supermarkets are kept below 20°C so retailers don't need to store them in a fridge. This also prevents significant temperature fluctuations (for example eggs being moved from a fridge to a hot car after purchase). To avoid the typical temperature fluctuations in your kitchen, we recommend that eggs are stored in their box in the fridge.</p> <p>Remember that eggs should never be eaten after the 'best before' date. Eggs can be frozen successfully, but separately. For whites, make sure you label how many there are in each container. Leave whites to thaw naturally. They are ideal for making meringues: allow 50g caster sugar per white and proceed as normal.</p>
Ham	<p>Once opened keep sealed in the fridge to ensure it doesn't dry out. Leftover ham and cream cheese can be used to make these delicious party nibbles - http://www.lovefoodhatewaste.com/recipes/show/634-ham-herb-and-cheese-pinwheels</p>
Beef	<p>Freeze any meat left over from a roast, like beef, pork and lamb to use at a later date in a tasty curry.</p>
Pork	<p>Freeze any meat left over from a roast, like beef, pork and lamb to use at a later date in a tasty curry.</p>
Turkey	<p>Freeze any meat left over from a roast, like turkey to use at a later date in a tasty curry http://www.lovefoodhatewaste.com/recipes/show/660-turkey-and-chickpea-coconut-curry</p>
Fish/shellfish	<p>Wrap well any leftover fish and chill in the fridge. It's best eaten within a day of cooking or freeze for another time.</p> <p>Most fish can be flaked and added to scrambled eggs, tossed into spicy rice dishes or made into a pâté by adding mayonnaise or cream cheese for a dip.</p> <p>For making fish stock, ask the fishmonger to fillet the fish and also to give you the bones etc. You can use the shells of prawns and shellfish. Boil the bones/shells etc. in a little water, then strain through a fine strainer or a piece of muslin to make excellent stock.</p>
Nuts	<p>Store nuts in the freezer to prevent them going off. They can be stored shelled or unshelled, and can be used straight from frozen or defrosted and shelled.</p> <p>Keep frozen and dried chestnuts in the freezer ready to chop coarsely into stir fries and stuffing. Dried chestnuts keep better in the freezer than in the cupboard.</p>
Lentils	<p>Keep sealed with a bag clip or store in Tupperware for maximum freshness.</p>

Baked beans	If you have leftover baked beans either keep them covered in the fridge if you are going to use them in the next 2 days or place into the freezer for another time.
Biscuits	Store biscuits in an airtight container. Most sweet biscuits can be frozen.
Mince pies	Make mince pies in early December and freeze uncooked in patty tins until solid. Then pack in boxes. Bake a few at a time when needed.
Christmas cake	Store in a cake tin to keep it fresher for longer. To freeze sliced cake put greaseproof paper between each slice. This lets you remove a few slices at a time rather than thaw the whole cake. To freeze a whole cake wrap it in a double layer of cling film and foil.
Christmas pudding	Use leftover Christmas pudding to make ice cream - http://www.lovefoodhatewaste.com/recipes/show/132-christmas-pudding-ice-cream
Cream	Whip any leftover cream before you freeze it to stop it becoming 'grainy' when it's thawed. If you have over-whipped the cream, rescue it by adding a little un-whipped cream or milk and a pinch of sugar.
Jam	The last drops of jam in the jar can add a lovely sweet complement to your gravy – rinse the remnants with warm water and add to the gravy pan.
Cranberry sauce	Use leftover cranberry sauce to make delicious cranberry brownies - http://www.lovefoodhatewaste.com/recipes/show/141-cranberry-brownies

General Christmas tips:

- If you make too much food over Christmas don't throw it away! Pop it in a container in the fridge or freezer and eat at a later date. That means you can enjoy Christmas treats well after the day is over! What with having spent lots on food and pressies, this tip will save you money and time too
- Christmas is probably the one time of year when even the most 'last minute' of us will sit down, ponder over who is coming to stay and make some sort of plan. Planning your meals in advance will save you time, and ensure you always have something to feed the hungry hordes. Take a look in your cupboards, fridge and freezer and make note of what foods you already have, this will help you to avoid doubling up when hitting the shops.
- As well as keeping up with all the social dates in your diary, don't forget to keep an eye on the dates in your fridge too. Use up foods with the shortest dates first, and when shopping check to see if fresh foods can be frozen in case you don't get round to eating them over the festivities. Best before dates are for quality, so you can eat these foods after this date, they just may no longer be at their best – eggs are the exception. Use by dates are for safety, you can eat or freeze foods right up to the end of the use by date.
- Leftovers of bubble and squeak and cold turkey sandwiches are a Boxing Day tradition. This year spice things up with a Christmas curry; try our turkey and chickpea coconut curry and use up those leftover veggies with our mixed vegetable curry. Or transform your Christmas panettone into a lovely bread and butter pudding and your leftover Christmas pudding into a luxurious ice cream.
- Catering for family and friends, not to mention the unexpected guests, often leaves us unsure of how much to cook. Our Christmas dinner portion calculator and party portions calculator, remove the guess work by suggesting how much to cook.
http://www.lovefoodhatewaste.com/perfect_portions
- Simple tips on storing our foods over the festive period can help us make the most of them, and make them last into the New Year. Ensure your vegetables are at their best for the main meal by keeping them in the fridge; most vegetables will stay fresher for longer stored in the fridge in the pack or bag they came in. Most of our Christmas leftovers will keep for up to two days well wrapped in the fridge, or pop them in the freezer to have on a chilly January evening.