

Theme 4 "At home"
interview with
Dr Christian Reynolds



TAKE A **BITE** OUT OF
CLIMATE CHANGE

#TakeABiteAtHome

AT HOME



INTRODUCING...

Hi, I'm Christian. I do research on how to waste less food and how to cook more sustainably!

INTERVIEW

What is the best way to avoid food waste at home?

Of the 7 million tonnes of food waste discarded from UK homes each year, nearly half is edible. There are lots of ways to reduce and avoid food waste at home. Four of the easiest things to do are to 1) write a shopping list; 2) plan your meals; 3) Use your freezer – did you know you can keep bread for longer by putting it in the freezer and then use it straight from frozen to make toast? You can also freeze milk and cheese and just defrost the amounts you require! 4) Get 'canny' – did you know lots of fruit and vegetables can be purchased in cans (or frozen). This means they will last longer and you can use them up as you need them.

What are the most commonly wasted foods?

Bread and potatoes are two of the top wasted foods! Every day in the UK, 20 million whole slices of bread are thrown away! Mostly because they are not used in time. Why not try making toast with leftover bread? Nearly half of the edible fresh potatoes bought by UK householders each day are thrown away – nearly 2.7 million of them per day!

People say another way to avoid food waste at home is by using some parts of foods we usually consider inedible (i.e. peel, seeds, leaves, stems) but which are also nutritious. Do you know how can I do this in my home?

It's far too easy to bin all the odds and ends you've always chopped off during meal prep, but a lot of the parts we throw away can be eaten – and can often be the best bits in terms of flavour and nutrients. There is a great resource with loads of recipes, hints and tips called "CompleAT it". Check it out:

<https://tinyurl.com/compleatit>

Top-three climate-friendly recipes:

- Microwaved potato with beans and cheese
- Toast loaded with leftovers. Classic!
- Kusherie (Egyptian Rice and Lentils) - totally my new favourite!

SO, WHAT SHOULD WE DO?

- Check your fridge temperature – is it below 5°C? It keeps food fresher for longer. Find out how at <https://tinyurl.com/yc8ceukw>
- Don't buy too much. Keep track of what you've bought and used. Before going shopping try taking a 'shelfie' – a photo of your fridge and cupboards to remind you of what's there.

PROFILE

Christian Reynolds is a Senior Lecturer at the Centre for Food Policy, City University, London; and an adjunct Research Fellow at the Institute for Sustainable Food, University of Sheffield. He researches the economic and environmental impacts of food loss and waste, and how to shift towards sustainable diets and cookery.

