

## **Transcript for Food waste**

**Reducing food waste is a really good way of saving money and the planet but how do you deal with leftovers and keep food fresh for longer?**

**Check out this great video for tips and ideas!**

### **Cool down and warm up!**

Reheating means cooking again, not just warming up. Always reheat food until it is steaming hot all the way through. You should only reheat once.

Make you stir the food to reheat evenly.

Speed up the reheating process by using smaller portions and only reheat what you need.

### **All in good time**

If you have leftovers, cool within 90 minutes (an hour for rice) and store in the fridge.

If you're taking leftovers from the freezer, eat within 24 hours. Make sure they're thoroughly defrosted before heating.

Use up your leftovers within two days (24 hours for rice).

### **What about food storage?**

Food should be thoroughly cooled before putting it in the fridge or freezer, otherwise the temperature in your fridge increases and creates an environment where bacteria multiply.

Keep a stash of lidded containers so that you have something to store your leftovers in. Use freezer bags if you don't have space to store a lot of containers.

### **Super cool fridge!**

Fridges should always remain below 5°C.

Keeping foods separate in your fridge and well covered helps to combat potential cross-contamination.

Avoid overfilling your fridge – if it's too full, air can't circulate properly, which can affect the overall temperature.

### **Meat matters**

If you have left over meat, cool within 90 minutes and store in the fridge.

Remember, reheating means cooking again, not just warming up. Always reheat food until it is steaming hot all the way through (you should only do this once).

Only reheat what you need and use up your leftovers within two days.

### **Nice rice**

Be careful with rice. Ideally only cook as much as you need.

If you're reheating rice make sure it's piping hot throughout before serving.

If you have left over rice, cool within one hour and store in the fridge.

Ensure you eat the left over rice within 24 hours.

### **Keep it clean!**

Keep work surfaces, dish clothes and hands clean

Use a separate chopping board to prepare raw food, such as meat and fish

### **Let's work together to reduce food waste!**

**Thank you**