

TOP TIPS for Food Service Kitchens...



- **Make a list** – Plan your menus for the week ahead and make a list of the ingredients or stock you will need for those recipes. Order supplies from your list and order only what is in your plan, thus preventing you from throwing away unused food.
- **Look beyond the spots**– Discolored or misshapen fruits and vegetables are usually just as tasty as their picture-perfect peers. If your supplier can't sell them, they will likely end up being dumped. Some suppliers offer these “flawed” items at discounted prices – take advantage of them.
- **Know what dates mean** – A best-before-date is an estimate of the food's freshness. Many foods can be consumed safely after these dates if they have been stored properly. Examine the item but “if in doubt throw it out”...do not put consumer safety at risk.
- **Get creative** – Find recipes that allow you to use an entire item, like sautéing thinly-sliced broccoli stems with the florets.



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- **Store food properly** – Learn where food has the longest life. Some foods may perish quickly at ambient temperatures but survive for weeks when chilled. Learn how to prevent waste by freezing, cooking or pickling items so they last longer.
- **Save your leftovers** – Make use of leftovers e.g. unused prepped vegetables can be used in soups, fish and meat bones can make the best stocks, off cuts of bread can become bread-crumbs
- **Stay organized** – Rotate your stock regularly to bring older foods to the front, then make a plan to use them. Check your fridge regularly to keep tabs on what items should be used right away.
- **Track what you throw away** – Keep a running list of what you most often throw away & then buy less of it or make smaller portion sizes
- **Donate it** – If you know you won't consume something, donate it to a food hub to help feed others.

Top Tips for Plate Waste Reduction

While it's a good idea to start by managing kitchen waste, it is important that as Food Service SME's you are not just handing the food waste down to the consumers, as **plate waste contributes significantly to the overall organic waste in wealthy countries**. Take the following steps to minimise this waste:

- What gets measured gets managed – keep a separate organic waste bin for plate waste and take note of the main waste streams
- Use smaller plates or serving containers or offer different sizes when serving food – this is proven to reduce plate waste.
- When possible, opt for a made to order service, canteen and buffet models are proven to create more plate waste
- Offer a take home service for leftovers.

