

**CAMBRIDGE
SUSTAINABLE FOOD**

TASTE NOT WASTE



**Guidance to help your business
cut food waste and costs**

TASTE NOT WASTE

The UK hospitality and food sector wastes **one million tonnes of food every year**. That's one in six meals served, being thrown away, equivalent to **£2.5 billion each year!**

As well as diverting good food from people in need, throwing away food wastes natural resources and contributes to climate change.

Through reducing food waste, businesses can enjoy **higher profits, increased customer numbers, new PR opportunities** and ensure **legal compliance**.

Funded by **Cambridge City Council** and with assistance from waste experts, **WRAP**, Cambridge Sustainable Food is helping restaurants, cafes and food outlets across the city to start saving by **measuring and cutting their food waste**.

Check out our **top tips** on how to measure and reduce food waste from your business or find out more at www.cambridgesustainablefood.org/taste-not-waste

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MEASURE FOOD WASTE

The first step towards cutting food waste is to understand how much you're throwing away.

Get staff on board – explain why you want to reduce food waste and how they can help.

Choose three days to measure your food waste which are typical for your business.

Set up separate, labelled containers for food waste from:

- **Spoilage:** Food that is damaged or out of date
- **Preparation:** Food prep waste
- **Plates:** Food left on customers' plates
- **Other areas:** Such as buffets or events



Separate waste into the correct containers. **Weigh the containers** at the end of each day for three days.

Record the weights and number of covers using the tracking sheet on our website. You can also use online tools like Chef's Eye or Wise Up On Waste.

Find out how much waste and money you could be saving with the waste calculator on our website. You might be surprised!

REDUCE FOOD WASTE

Once you've measured your food waste the next step is to take action to reduce it! Check out our top tips to get started.

Stock take: check your stock and buy only what you need.

Neat and tidy: order pre-prepared veg, meat and fish to save prep time and waste.



Grow your own: grow herbs and salads on your windowsill or outside space – all taste and no waste!

By tracking food waste with software tool **Chef's Eye**, adapting their menus and increasing batch cooking, **St John's College** reduced their waste from food preparation to **under 5%**!



Right place, right time: Store food in the right place as soon as it is delivered, with new items at the back to ensure older items are used first.

Sleep tight: use airtight containers to keep food at its best.



Love your leftovers: a daily specials board can help to use up excess ingredients.

Raise a toast: rescue leftover toast as breadcrumbs for fishcakes or stale bread for croutons.

People power: involve staff in identifying the most common leftovers and find ways to reduce them.

Optimise portion size: reduce portion sizes for common leftovers like bread or offer options for portion size.

Take it away! Offer customers the option to take home their leftover food and enjoy later. Provide food to take away in food-grade packaging and let customers know that they are responsible for the safety of the food once they leave your premises.



Anglia Ruskin University cut waste from food preparation by **66%** through minimising waste from vegetable prep and using offcuts for stews and soups

REDISTRIBUTE SURPLUS FOOD

Preventing food from being thrown away is top priority. If you find that you have surplus food which is still edible, redistribute it to others in one of the ways below.

FoodCycle Cambridge: Use surplus to cook free meals for people in need. For more details contact cambridge@foodcycle.org.uk



Cambridge Cookery

reduce waste by using surplus food from their suppliers and their own kitchens to prepare meals for Jimmy's homeless shelter

Community Fridges: Donate unwanted food to local fridges, which can be collected free by anyone in need. Find out more at cambridgesustainablefood.org

Cambridge City Food Bank: Collect food for emergency distribution to people in need. For further details visit www.cambridgecity.foodbank.org.uk



Olio and Too Good To Go: Connect people with local food businesses so that surplus food can be shared, not thrown away.

Find out more at www.olioex.com and www.toogoodtogo.co.uk

RECYCLE FOOD WASTE

For food waste that cannot be avoided or redistributed, do the green thing and get recycling! Below are just a few of the companies that can recycle your food waste.



Cambridge City Council: Collect and compost food waste near Waterbeach, producing soil conditioner for local agriculture. Visit www.cambridge.gov.uk to find out more.

Mick George: Recycle food waste from businesses around Cambridge and Cambridgeshire. Further details at www.mickgeorge.co.uk



Bio-bean: Collect and recycle waste coffee grounds at their facility in Cambridgeshire, making briquettes to burn in stoves and fireplaces and pellets for biomass boilers. Visit www.bio-bean.com for further information.



If you have outdoor space, consider composting your fruit and veg peelings like The Tickell Arms! Find out more about composting at www.gardenorganic.org.uk

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FOR
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