

# Save Money, Save Waste!



Zing Somerset are passionate about food – but we're also big on budgeting.

Did you know there are loads of ways you can reduce your food waste, which means you get **more** food for your money? As well as saving you money, this means you'll be throwing less away – a BIG plus for the planet!

## Broccoli Stalks

Do you cook the florets then ditch the stalk? Stop!  
Roughly chop or finely slice the stalk all the way to the bottom, and use in stir fry, pasta, stews, curry and chilli. It takes a little longer to cook, so add a few minutes before other veg (at the same time as onions)

## Veg Peelings

Did you know that very few vegetables actually need peeling? All those hours spent peeling carrots, potatoes, parsnips and squash - simply not necessary!

Just wash and chop, and you're good to cook.  
**BONUS:** There are actually loads of great nutrients in the skins, so don't miss out!

## Leftovers Destined for the Bin

Ever cooked too much for dinner and not fancied the leftovers the next day? Did it end up in the bin?

**LOTS** of meals can be frozen and saved for a later date. Simply pop each portion into a plastic container, leave to cool down, then place in the freezer. When you're ready to eat, remove from the freezer and allow to defrost, then reheat on the hob or in the microwave (until piping hot throughout). Think of it like a ready meal!

Perfect for soup, curries, casseroles, risotto, chilli and ratatouille. **Remember to label and date each container!**

## Freezer-Ready Fresh Food

Ended up with too much fresh fruit or veg that you're not able to use in time? Check out our handy suggestions below to save your excess for a later date!

### Green and Runner Beans

Chop into 2cm chunks and freeze, then add into risotto or pasta straight from the freezer.

### Tomatoes

Use to make a fresh pasta sauce, or add to curries for a rich tomato base.

### Rhubarb

Freeze in 1-2cm chunks and add to porridge, smoothies or bakes straight from the freezer.

### Berries

Use frozen berries in smoothies, porridge, or bakes for a fruity twist.

### Bananas

Peel overripe bananas, break or slice into chunks and freeze in a container. Use in smoothies, to cool, thicken and sweeten your healthy drink!

### Courgettes

Courgettes often come thick and fast in the summer and it can feel like an impossible task to get through them all! Dice them up and freeze them in meal-sized portions, ready to add straight into pasta sauce, Bolognese, ratatouille or curry.

