

FIGHTING

Food Waste

E-Book



Nutrition

by Sarah Fontana

Introduction

If global food waste was a country, it would be the third biggest source of Green House Gas emissions after China and the US. 70 % of food waste occurs at home so we can help addressing the problem from our own kitchens by looking for ways to use up ingredients that would otherwise be thrown away. Wasting less food in our homes not only helps the planet but it also means saving more money and getting the most out of what we've got.

Hi, I'm Sarah Fontana, registered Nutritional Therapist, and I believe that food is simply too good to waste. That's why I've created a handy eBook with my favourite no food waste tips and nutritious recipes that are big on taste with zero waste.

I've been volunteering at Thanksgiving food bank since November 2021. We provide food to people in need every week. The food is donated by supermarkets that would otherwise be thrown away.

It is then collected by Schweizer Tafel and evenly distributed to food banks across Switzerland. 100% proceeds from this book goes directly Thanksgiving charity.

I hope you find my tips and healthy recipes a helpful step towards a healthy and sustainable kitchen.

With much love,

Sarah



Top Tips For Reducing Food Waste

Plan your meals! By writing a shopping list you're going to have for each meal that week, will help make sure you only buy what you consume. Please find my easy printable meal planner in this book.

Store fresh herbs in a jar with water, in the fridge to keep longer.

Organise your fridge! Keeping your fridge organised can help you reduce food waste because it will help you see everything you have. Top tip is to arrange your fridge by expiry date, moving old produce to the front and put new produce at the back so you don't find hidden foods that's expired and you will know what needs to be consumed first.

Place the food that needs using up first in a container so you can see what need eating up before opening up another packet.

Love your leftovers!
Before you shop make a fridge raid meal. Any vegetables you have can be easily transformed into a curry, pie, frittata or blended into a dip.



LOVE YOUR LEFTOVERS

Fruits and vegetables that risk over-ripening can be used in smoothies.

Vegetables can be stir-fried and used to make stock or stews.

Leftover oatmeal or porridge can be used in baking.

Bread can be used for croutons, grilled sandwiches or as bread sticks.

Compile recipes and suggestions on how to use leftovers and share them with your friends.



JARRING AND PICKLING

With a few old vegetables, a glass jar, olive oil or vinegar and "Voilà!", you have an accompaniment for salads, sandwiches or perfect for a sharing board.

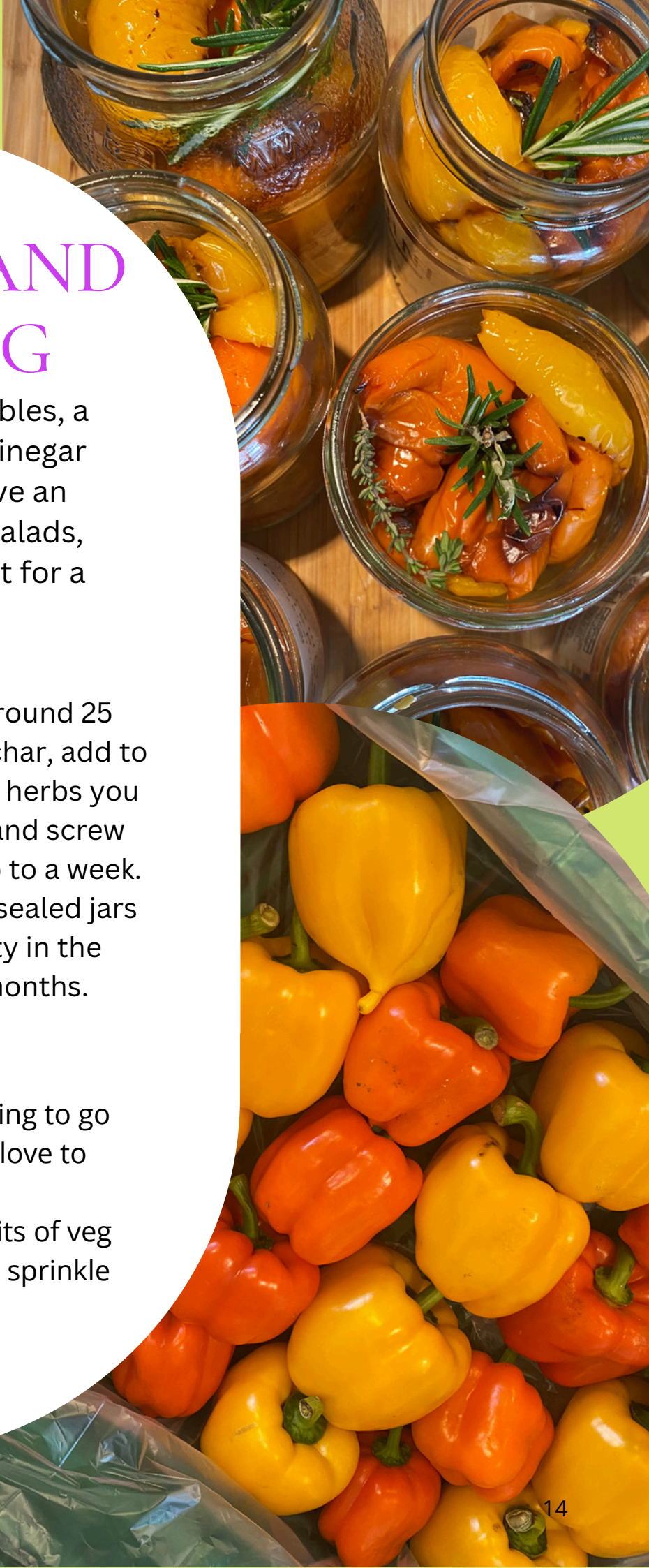
Jarring

Roast in the oven for around 25 minutes until starting to char, add to a jar along with any fresh herbs you like. Pour over olive oil and screw tightly. Refrigerate for up to a week. Properly processed and sealed jars should maintain quality in the cupboard for 12-18 months.

Pickles

Any veggies that are starting to go soft, especially onions I love to pickle.

Simply add any leftover bits of veg to a jar, pour in vinegar, a sprinkle of salt and sugar.





Tips Using Stems & Leaves

- Whizz herb stems & wilted salad leaves into pesto's & salsa verdes.
- Turn your bruised apples and soft bananas into a cake or crumble.
- Blend soft or mushy fruit into creamy ice lollies or frozen yoghurts and smoothies.
- Chop broccoli stalks and use in stir fries or whiz up with stock and parmesan for a creamy pasta sauce.

Don't bin leaves! Leaves are edible and loaded with nutrients. Try roasting cauliflower leaves to add to meals. Add radish or beet leaves to salads, or sautee in a little olive oil, salt and pepper.

Tip

Whiz up any stems you have, mix into to natural yogurt and squeeze of lemon for a delicious dip.

Carrot Top Pesto

Ingredients

- 1 handful carrot tops (around 80g)
- 1 handful nuts of choice, I like to mix pumpkin and almond
- 1 garlic clove
- Juice and zest of ½ lemon
- 1 handful parmesan or pecorino (nutritional yeast for dairy free)

Directions

1. Cut the green tops of your carrots, including the stalks and give them a good wash.
2. Add the stalks, nuts, parmesan, lemon juice and olive oil to a food processor and blitz, adding more oil if needed.
3. Store in a glass jar in the fridge .

Nutritional benefits of carrot tops.

There is up to 6 x more vitamin C in the root, calcium, potassium, iron and rich in antioxidants. Making them great for digestive health, bones and immunity.



This is one of my favourites! Parsley stalks make up around half of the whole bunch of parsley, so throwing them means you are only getting half the amount for your money's worth! Did you know parsley stalks are incredibly nutritious, loaded with vitamins A, C and vitamin K for healthy bones. Parsley is also powerful natural diuretic and can help reduce bloating and blood pressure.

You will need

- Handful parsley stalks (and leaves if you wish)
- 2 tbsp tahini
- 100ml olive oil
- 50ml water
- Juice of one lemon
- ¼ red onion or 1 spring onion
- Garlic glove (optional)
- Salt and pepper
- Blitz in a strong blender, add a little more oil or water if necessary

Make a batch of this dressing and keep in a jar refrigerated for a go-to dip, tops on salads or eat straight from the jar!



PARSLEY STALK SALAD DRESSING

Fruit Bowl Smoothie

This is a great way to use up produce that is still safe to eat but maybe a little bruised or soft.

Tip!

Place ingredients you plan to use in the freezer the night before. This is an easy way to thicken your smoothie without ice.

Add any fruits or vegetables to a blender along with 200ml milk and 1 tbsp natural yogurt for protein.

For this berry smoothie I used soft blueberries, raspberries, one over ripe banana, and a little cucumber!!



Green smoothie!
Spinach, avocado, banana, cucumber, 200ml cold water and any other greens you have



Fridge Raid Frittata

A great way of turning leftovers into another meal, all you need is eggs and a fridge raid!

In this recipe I used leftover Greek salad, along with potatoes, olives, spring onion and a little tomato, there are no rules!

Once I used leftover cauliflower cheese and roasted carrots.

Whisk 6-8 eggs, along with splash of milk of choice. You will need more eggs the less vegetables you have.

Fresh or dried herbs of choice.

A little grated cheese, salt and pepper.

Chop the veggies and arrange in a baking dish, pour over the egg mixture, bake in for around 30-45 minutes at 180C until eggs are set.



Turn peelings into crisps!

Eat the vegetables peelings! Potato, pumpkin and squash peelings make delicious crisps. What's more the skin contains a large amount of fibre, vitamins, minerals and antioxidants!

- Toss in a little olive oil, salt and pepper and bake at 180C for 20-30 minutes until golden and crispy. Get adventurous with your flavouring! I like chilli flakes, cumin, fennel seeds, paprika or curry!



Garden Salad with Croutons

Ingredients

For the salad

- 1/2 spring onion, medium sized, sliced very thinly
- 200 gr mixed salad leaves (lettuce, rocket, spinach & radish leaves, etc)
- 1/2 cucumber, medium sized, sliced thinly (either with a peeler or in thin rounds)
- 1 carrot, medium, sliced thinly (either with a peeler or in thin rounds)
- 4-6 radishes, sliced very thinly
- Handful peas
- Handful fresh herbs (parsley, mint)

Croutons

- Old bread, cut into small cubes
- 2 tbs olive oil
- 1 tsp sea salt
- 1/2 tsp thyme

For the vinaigrette

- 3 tbs olive oil
- 1 tsp mustard
- 2 tsp maple syrup
- 1 tbsp apple cider vinegar
- Juice 1 lemon
- Sea salt & pepper

Directions

1. Put the bread cubes in a large bowl, drizzle with the olive oil and sprinkle in the salt and thyme or any herbs you have. Toss well with your fingers and spread on to a lined baking tray. Bake until crispy. Set aside to cool.
2. For the vinaigrette whisk everything in a small bowl.
3. Arrange the salad leaves in a large bowl or platter, add the cucumber, radishes, carrot, peas and dressing. Add the croutons and toss well.
4. Serve immediately.





"Clear The Fridge" Veggie Pasta Sauce

The beauty of this sauce is that anything goes!
Turn any veg you have into a sauce by roasting
and blending!

Ingredients

1. Red pepper
2. Yellow pepper
3. Zucchini
4. Carrot
5. Red onion
6. Garlic clove
7. Fresh sage & rosemary
8. 1 can of chopped tomatoes

Directions

1. Roast vegetables, along with herbs and spices of choice.
2. Add to a blender along with a can of tomatoes or passata, and blitz until creamy, adding more liquid if needed.
3. Toss in pasta and serve, alternatively add to a casserole dish and top with cheese, bake at 180C for 15 minutes until golden.



Any Veg Soup and Leftover 'Pic 'n' Mix' Toppings

Transform any old ends or bits of vegetables you have into crispy delicious soup or salad topping.

Directions

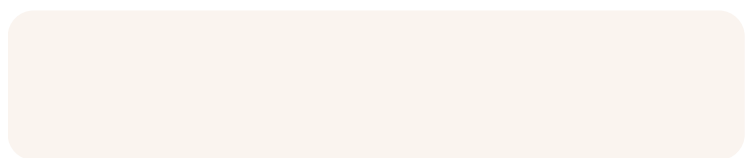
Transform any veg you have into a delicious and nutritious soup with just a few spices. Add a potato or coconut milk to thicken, few spices and voila, you have a nutritious soup!

For this soup I used carrot, cauliflower, squash potato, cumin, chilli and coconut milk.

Toppings

I used bits of leftover cauliflower along with the cauliflower leaves, halloumi pieces, green ends of a leek and spring onion, all pan fried in a little olive oil until brown.

Other toppings can include: pesto, croutons made with old bread and toasted nuts and seeds, especially from a pumpkin or squash.



Soft Fruit Ice Lollies

I created this recipe on a hot hot summers afternoon when I left the food bank with a bunch of soft fruits, which I would usually freeze or turn into a smoothie. Homemade lollies cut out additional sugar, artificial colourings and additives making them a great healthy refreshment.

I have three simple recipes here for you.



Ingredients

300g berries
1tsp vanilla extract
100ml water
200ml full-fat yogurt
1 tbsp maple syrup

300g berries
300ml coconut water or
regular water
1 tbsp maple syrup

1 mango
300ml coconut milk
1 tbsp maple syrup

Directions

Blitz all ingredients until smooth, fill ice lolly mould leaving a little room at the top to expand.

Tips

To make this into a smoothie add 200ml milk.
Freeze this in a container to make ice cream, thaw 20 minutes before serving.
Mix up any old fruits, banana, avocado - get creative!

Soft Fruit Cake

Use up any old fruit to make this delicious gluten-free cake. I used bananas and blueberries that I rescued from the food bank, which would have otherwise been thrown away, but you can use whatever you have on hand.

Ingredients

110 grams Almond Flour
30 grams Coconut Flour
1 tsp Baking Soda
Pinch of Sea Salt
1/2 tsp Cinnamon
7 grams Ground Flax Seed
2 Banana (mashed)
2 tbsps Extra Virgin Olive Oil
3 Eggs (whisked)
80 grams Maple Syrup
Around 150 grams
Blueberries



Directions

Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.

Gently fold in your fresh or frozen blueberries with a spatula.

Line a loaf pan with parchment paper and pour in the batter.

Bake in oven at 180C for 45 - 50 minutes.

Tip

For a more cost effective flour: 100g all purpose flour can replace coconut flour, the texture won't be the same, but it's still delicious. Blueberries can be replaced with any other berry or even old mango and bruised apples!

Freezable Foods

Whether you have 1 leftovers, bought too much or if you are going away or won't be around for a few days, don't throw them freeze them! You can freeze bread, fruits, beans, cheese, eggs, nuts, cooked vegetables, and of course any leftover meals you have.

Frozen avocado makes for an easy midweek guacamole or can be added to smoothies.

Mushrooms can be tossed in a little oil and sealed in an airtight bag or container and used on pizzas and in casseroles.

Fruits such as cut up apple pears, mango and bananas be sure to peel them first.

Cheese can be frozen in cubes or grated.

Yogurts can be frozen when they reach their use-by date and they make great healthy alternatives to ice creams or freeze them in lolly moulds.

Milk can be frozen in an ice cube tray for even portions or in the carton – it will expand so pour a little away to allow room for expansion.

Butter can be frozen in portions or as whole in the original packaging.

Garlic and ginger: save time and avoid waste by freezing them crushed. Store in ice cube trays.



Fresh herbs don't have a long shelf-life. Finely chop and squeeze them into ice cube trays, top with water and freeze. Or freeze herbs in bunches: just pop them into zip-lock freezer bags and freeze.

Lemons and limes. You can grate the skin for when you need to add zest to a recipe. If you want to save your lemon for adding to drinks or herbal teas, cut into slices and freeze individually for a refreshing ice cube!

Storing and Logging Food

Store food correctly!

Storing food incorrectly can lead to premature ripening and eventually rotten produce.

1. Potatoes, tomatoes, garlic, cucumbers and onions should be kept at room temperature and not re-fridgerated.
2. Separating foods that produce more ethylene gas from those that don't is another great way to reduce food spoilage. Ethylene promotes ripening in foods and could lead to spoilage.
3. Foods that produce ethylene gas while ripening include bananas, avocados, tomatoes, cantaloupes, peaches, pears, and green onions.
4. Keep these foods away from ethylene-sensitive produce like potatoes, apples, leafy greens, berries and peppers to avoid premature spoilage.

To extend life to your herbs, wrap the bunch in a damp paper towel and store in a closed container on the fridge.

Shop in the fridge and freezer first, and let the contents dictate what you will cook next.

Audit your food waste – write down food wastes and limit the food you waste the most.

Store food in glass jars so contents are easily visible and don't get forgotten.

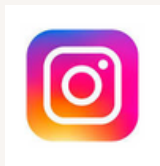
Try out my printable weekly no food waste meal planner!

Weekly NO FOOD WASTE MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	FOOD TO USE	SHOPPING LIST
MON				FRIDGE
TUE				
WED				FREEZER
THU				
FRI				CUPBOARD
SAT				
SUN					NOTES

The pictures in this book are from my own recipes using old food from the food bank along with some pictures from Thanksgiving.

Tag us if you make any of the recipes or try out the tips.



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