

A Handcrafted Life

Creating a Sustainable Cottage Sanctuary



RIZZOLI
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TIFFANY FRANCIS-BAKER



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Using leftovers

Food waste is one of the most pressing issues in the modern world, but as individuals, there is plenty we can do to help combat it, starting with the fruits and vegetables in our own kitchen. You'll be surprised how rewarding it feels to reduce how much you throw away, and you'll probably save a few cents along the way too. You might even learn a few new tips and tricks for using up old ingredients. Here are a few simple things that we can all do to make the most of our food:

Sharing is caring

There are now loads of apps, websites, and social media groups that can connect people looking to reduce their food waste. These can put locals in touch with each other to share surplus food, alert you to unwanted food from businesses nearby, or guide you to places that need unwanted food donations. Get connected and learn more about your local community.

Love your leftovers

It can be difficult to guess the right portion size sometimes, so if you end up with a crock pot full of leftovers, just pop them in the fridge and eat them for lunch the next day. You can also freeze and reheat them later, or even use them in a different meal entirely, such as hash browns or mixed vegetable soup. It's a great way to save money and time!

Compost, compost, compost!

Almost all your food scraps are suitable for the compost heap, which is the perfect way to give nutrients back to the soil and reduce your carbon footprint. If you don't have outdoor space and the local authority doesn't collect kitchen waste, see if a neighbor, local community garden, or gardening group might be interested.