

## Ideas to Reduce Food Waste

Ordering	Food storage
<ul style="list-style-type: none"> <li><input type="checkbox"/> Check stock levels before ordering</li> <li><input type="checkbox"/> Consider seasonal and weekly variations</li> <li><input type="checkbox"/> Track your sales each week and adjust the amount of ingredients ordered</li> <li><input type="checkbox"/> Keep a record of any stock that is thrown away due to over-ordering</li> <li><input type="checkbox"/> Put one person in charge of purchasing</li> <li><input type="checkbox"/> Regularly review quality of stock delivered and provide feedback to suppliers</li> <li><input type="checkbox"/> Buy local produce if possible</li> <li><input type="checkbox"/> Where possible use seasonal fruit and vegetables in your menu</li> <li><input type="checkbox"/> Choose fruit and vegetables that will be ripe when you are ready to use them</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seals on fridges and freezers should be checked and cleaned regularly</li> <li><input type="checkbox"/> Fridge temperature should be less than 5 degrees Celsius (5°C)</li> <li><input type="checkbox"/> Freezer temperature should be less than minus 18 degrees Celsius (-15°C)</li> <li><input type="checkbox"/> Storage areas should be kept dry and clean</li> <li><input type="checkbox"/> Food must be eaten by the 'use by' date</li> <li><input type="checkbox"/> Food can be eaten after the 'best before' date as long as it is still in good condition</li> <li><input type="checkbox"/> Perishable food should be marked with the preparation date</li> <li><input type="checkbox"/> Stock should be rotated: older at the front, newer at the back</li> <li><input type="checkbox"/> Store raw fish and meat at the bottom of your fridge so that they don't drip onto other foods</li> <li><input type="checkbox"/> Pack food in its correct storage areas as soon as it is delivered, especially fresh produce</li> </ul>
Menu planning	Preparation waste
<ul style="list-style-type: none"> <li><input type="checkbox"/> Review menu regularly</li> <li><input type="checkbox"/> Use your specials menu to use up ingredients that are close to their use by date</li> <li><input type="checkbox"/> Think of ways that offcuts or 'leftovers' from one dish can be used for another</li> <li><input type="checkbox"/> Use core ingredients across the menu</li> <li><input type="checkbox"/> Design a lean menu using fewer ingredients</li> <li><input type="checkbox"/> Adjust or retire or revise menu items depending upon popularity and past ordering trends</li> <li><input type="checkbox"/> Offer different portion sizes and side orders so that customers can order as much as they would like to eat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Employ 'nose to tail' cooking: Using the whole of an ingredient. This can apply to meat or fruit, vegetables and herbs.</li> <li><input type="checkbox"/> Avoid over- trimming of meat, fish and vegetables</li> <li><input type="checkbox"/> Use edible food items that are often thrown away: Keep skins on, use leaves in salads, use parsley stalks in stocks and soups</li> <li><input type="checkbox"/> Use excess meat and vegetables to make stock</li> <li><input type="checkbox"/> Prepare smaller amounts of a menu item so that food is not left over at the end of service</li> <li><input type="checkbox"/> Review your staff training. Do they have all of the skills that they need to minimise food waste?</li> </ul>
Portion sizes	Options for leftover and excess food
<ul style="list-style-type: none"> <li><input type="checkbox"/> Get feedback on portion sizes from front of house staff and customers</li> <li><input type="checkbox"/> Observe which items are often returned uneaten or only partially eaten</li> <li><input type="checkbox"/> Offer different portion sizes and side orders</li> <li><input type="checkbox"/> Define portion sizes, then train staff to consistently deliver optimal portions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Allowing customers to take home leftover food in a 'doggy bag' containers</li> <li><input type="checkbox"/> Contacting a food charity to pick up excess food free of charge</li> </ul>

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