

How to Avoid Food Waste- Food Preparation



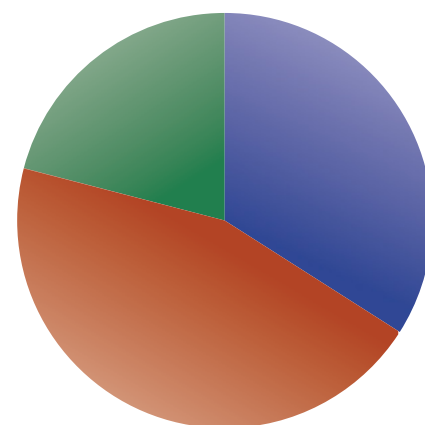
IT IS ESTIMATED AROUND 45% OF ALL FOOD WASTED IN HOSPITALITY IS DURING PREPARATION².

This means there is big savings to be made in your business if you can avoid wasting food by identifying opportunities during the stage of food preparation.

Food Wasted, is Money in the Bin

The reasons for such an alarming figure is mainly due to

- Over production – cooking and preparing more than is required.
- Kitchen staff skills and training – kitchen staff not using ingredients creatively.
- Over ordering – not checking existing stock or ordering more than is required.
- Changes to customer numbers – inaccurate demand forecasting.
- Lack of time to improvise – not taking advantage of left over ingredients.
- Poor menu planning – not using all the elements of each ingredient.
- Poor portion sizing – portion sizes are too large.
- Front of house staff skills and training – not providing information on portion sizes.



- Spoilage 21%
- Consumer Plates 34%
- Food Preparation 45%

² Waste & Resources Action Programme (2013). Overview of Waswte in the UK Hospitality and Food Service Sector. Online accessed 15th April 2015. <http://www.wrap.org.uk/content/overview-waste-hospitality-and-food-service-sector>



Tips to Reduce Food Waste with Better Planning

- Challenge kitchen staff to create new meals based on left over ingredients and off cuts, use this as a skill development opportunity.
- Use staff meals to trial potential changes to the menu that incorporate low waste dishes.
- Prepare small amounts of food more often.
- Incorporate slow cooking techniques to use off cuts.
- Design your menu to incorporate all elements of all your ingredients.
- Use the same ingredients in more than one dish.
- Set a procedure that will help you better understand demand forecasting or changes to customer numbers such as holidays, local events, weather and recent data.
- Establish an ordering procedure that ensures stock is checked prior to ordering new supplies.
- Analyse all your waste to determine how these ingredients can be used on your menu
- Reward staff who take action to reduce food waste, give all staff a sense of ownership by developing ideas on how your business can reduce food waste.

Produced by Hunter Councils and Hunter TAFE. *This project is supported by the Environmental Trust as part of the NSW's EPA's Waste Less Recycle More Initiative, funded by the waste levy.*

For more information

Visit www.lovefoodhate.nsw.gov.au

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