



To find out more about **FOOD RESCUE**

and **VOICE** contact:

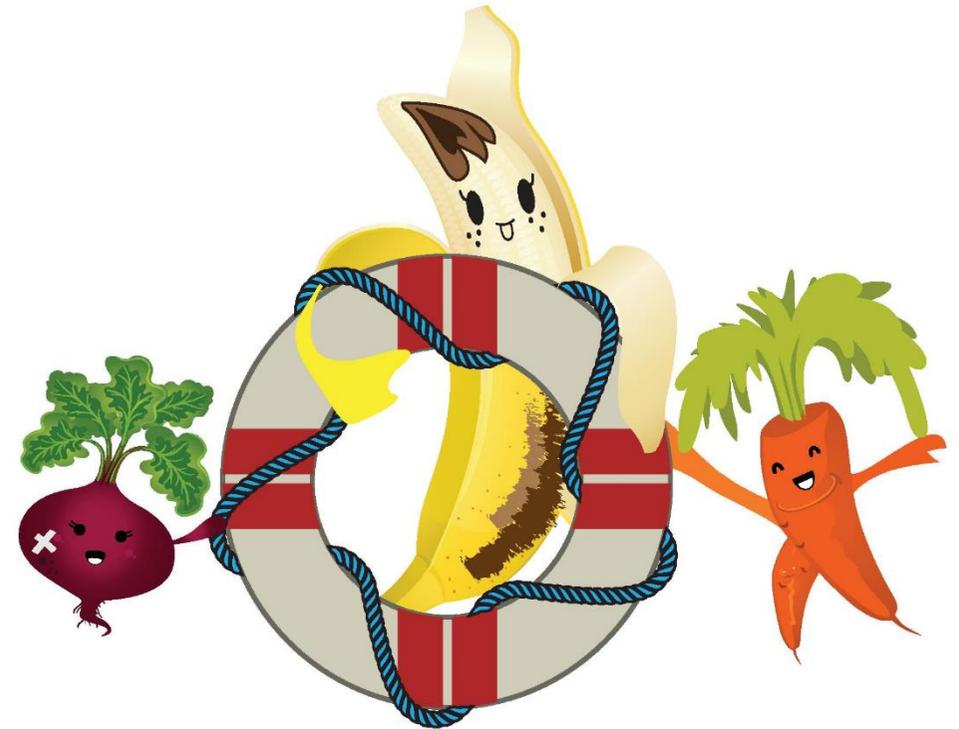
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# FOOD RESCUE

Supported through Local Agenda 21 contributions from:

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WITH FUNDING FROM  
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# WHAT IS FOOD RESCUE ?

We empower local groups and communities to hold 'Food Rescue' dinners with food that would have been thrown away or rejected by supermarkets, businesses and restaurants.

Our champions will organise the collection of short-dated food from local shops, farms or other food businesses which will then be prepared to make a delicious meal to share with their neighbours. However, the event does not need to stop with the meal. We encourage communities to hold additional activities such as:

- Educational talks on the environmental, social and financial costs of food waste and how to reduce it in homes and businesses
- Home composting demonstrations
- Leftover food recipe exchanges
- Cooking demonstrations
- The engagement of schools in food waste reduction challenges

We hope that this event will be the impetus to motivate shops and restaurants to adopt practices to reduce their own food waste such as:

- selling imperfect or 'ugly' produce or short-dated products at a reduced cost
- offering ½ portions or doggy bags to customers to bring their uneaten meals home



# HOW CAN YOU FOOD RESCUE?



There are many ways you can FOOD RESCUE at home and in schools!

- **Make a shopping list** - Check what you have, think of meal plans, make your list and then stick to it.
- **When shopping buy funny looking produce** - Many fruit and veg are not sold because their size, shape or colour is not perfect, but they are perfect to eat.
- **Store food properly** - Check that your fridge temperature is correct and read the storage instructions on products.
- **Live by first in, first out** - When unpacking your shopping move older items to the front of fridge or cupboard.
- **Use your own judgement when it comes to perishables** - 'Use by' dates should be followed, 'best before' dates are only a guide.
- **When cooking use it all** - Leave skins on cucumbers and potatoes, use broccoli stems along with florets – you will not only food rescue but many skins and stems provide additional nutrients.
- **Love your leftovers** - Use leftovers and foods that will soon perish to make new, interesting recipes, bring leftovers to school or work for lunch the next day, freeze meals after cooking if they won't be eaten straight away.
- **Monitor what you do throw away for a week or two** and then redesign you shopping list and meal plans to reduce this waste of food and money.
- **Compost!** You can compost uncooked vegetables and fruit, teabags, coffee grounds, eggshells, and paper. If you have a brown bin, you can add meat, fish and bones.