

MAKING THE MOST AND WASTING THE LEAST

Ideas and inspiration to help you live sustainably at home



EUROPE & SCOTLAND
European Regional Development Fund
Investing in a Smart, Sustainable and Inclusive Future



WELCOME

This issue of Making the Most and Wasting the Least is jam packed with savvy sustainable advice and inspiration for wasting less as we take those small steps back out of lockdown.

We'll be looking forward to summer and exploring how best to declutter your house, get your garden in tip top shape and how to relax with the help of some planet saving podcasts and eco-friendly cocktails.

We've thrown in recipes for tasty Easter leftover treats, and a handy guide packed with suggestions for multiple meals that can be created using common ingredients - saving you trips to the supermarket.

You'll also find recycling and food waste fighting tips to make sure you are living your best sustainable life.

There's something for everyone to get involved with or learn more about, so stay safe and happy cooking!

Stay safe and happy cooking!

The Love Food Hate Waste team

FOR UP TO THE
MINUTE FOOD-SAVING
TIPS AND RECIPES

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HOW TO DECLUTTER YOUR HOME SUSTAINABLY

Hands up if you've recently asked one of your worldly possessions if it 'sparks joy' in your life.

You have? Marie Kondo and her Netflix series have a lot to answer for, not least that we're all now talking to inanimate objects throughout our homes. Decluttering is very much on-trend right now, with 'The art of tidying up' giving a new lease of life to the term spring clean.

When you've emptied the contents of your wardrobe over your bed, or pulled out all the kitchen drawers, it can be very tempting to reach for the black bin bags and chuck everything out with the general waste. But sending items to landfill should always be a last resort if they can't be repaired, reused, or recycled.

Just because there's something that we no longer want or have a need for it doesn't mean that it has reached the end of its useful life. With a little bit of preparation and planning you can declutter your home in a more sustainable way. Scroll on to see our top tips...

Decluttering sustainably – it's all in the preparation

If you haven't got a plan in place it is easy to feel overwhelmed when you're left with a big pile of stuff. It can then be tempting to just run straight to the recycling centre, or even worse still just put it in the bin. With a little bit of preparation, you can have a guilt-free declutter.

Before you start, put a sorting system in place so you know where to place items as you go. Consider the following:

- Items you are keeping
- Items to be repaired
- Items that can be reused and can be passed on to friends and family, charity shops, sold online. Some charities will even collect items directly from your home
- Items that can be recycled – these can then be gathered and taken to your household recycling centre

Break it down

If it still feels like a mind-boggling task, then break it down into more manageable areas – pick a drawer or cupboard to start your decluttering journey and you'll soon find yourself gaining the momentum to move on to larger spaces.

Be realistic about the amount of time it's going to take, it can take a while to sort through a whole house, so maybe focus on one room at a time. When you are planning make sure you also factor in time for getting rid of items.

Can it be repaired?

Can you fix it or upcycle it to keep it in use? Repair doesn't need to be that complicated. There are some

basic quick fixes that are easy to do from repairing your clothes to upcycling your furniture.

[Ifixit](#) has great resources on how to fix things with step by step instructions for those who are feeling a bit more adventurous.

Can it be given away?

If your items are in good working order, then they can be reused either by donating to a local charity shop, using the [Reuse Tool](#) for larger items or giving it away to someone in your local community through sites like Freecycle, Freecycle and Gumtree.

Just check with the charity shop that it does accept the items – otherwise it might cost them time and money to dispose of. Also, would one of your friends or family make use of it? Just make sure they don't feel pressured into taking it off your hands, as you could just be creating clutter for someone else.

Can it be sold?

You could always sell your pre-loved items online to earn a bit of cash. Taking some time to properly organise your items before putting them up for sale can pay dividends in the end.

Do some research and look for similar products online and check the prices to give an idea of how much you should list yours for. Read the descriptions that people are using, what would make you want to buy it? Remember to be honest when writing your description, if you've given your perfume set a spritz to test it out then don't list it as unopened.

Great photos can help to sell your item quicker. Taking your own photos rather than using screenshots of the product on the original selling site let people know it's real and what condition it's in. Make sure your images are well lit, the area around the product is free from clutter and captured from all angles.

If you're going to be posting the item, then check your shipping options first. Comparison sites like [Parcel2Go](#) can help you find the best value for money. Consider if you could offer free shipping to make your listing more enticing, just weigh up whether this could leave you out of pocket first.

With [Preloved](#), [Gumtree](#), [Depop](#) and [Vinted](#) you can sell your items (usually for free or a small fee) from the comfort of your couch to buyers in your local area, cutting out the costs and emissions that would go into posting it.

Remember to be careful if meeting in person and follow [Gumtree's safety advice](#) by not giving out personal information, meeting in a safe location and taking a friend or family member with you. Remember to follow local Coronavirus guidelines on staying at home and social distancing.

Recycling

If something can't be repaired or reused, then you should check to see if it can be recycled.

The best way to do this is to check what you can recycle in your area on your local council's website.

Before taking it to your local recycling centre or recycling

bank, separate items out into different types for example books, textiles, and electricals.

Staying clutter-free

Post-declutter you'll probably be feeling pretty chuffed. And you should be. All your hard work has paid off, your home is feeling free of clutter and you've even managed to breathe new life into some once-forgotten items. But how do you keep it that way?

We've all been there, our inner bargain hunter shouting 'at that price, why not?' but it's not a bargain if it's left on the shelf to gather dust or crammed into a wardrobe already bursting at the seams. You'll just forget it's in there.

Once you've decluttered, you'll value what you have more and be able to take advantage of it so make sure the clutter doesn't creep back in by focusing on buying what you need and what you love.

Buy less and refuse items you don't want, like goodie bags from events, or [opt-out of receiving junk mail](#). Ask yourself if you really need it and avoid offers that encourage you to buy more.

Like How To Waste Less on Facebook for more tips on how to reduce, reuse and recycle or download 'The Big Declutter' for a room by room guide on how to declutter your home while having less of an impact on the planet.



FOR TIPS,
INFORMATION AND SO
MUCH MORE VISIT:

Zero Waste Scotland's
[How to Waste Less site](#)

GO WILD IN THE GARDEN

When we think about biodiversity loss, we tend to think of exotic places and species like rainforests, orangutans, and pandas, but the problem is much closer to home. Of the 6,413 species in Scotland, there has been a 24% decline in average species abundance (the number of individuals per species), and 11% of our species have become endangered since 1970. The reasons behind this are complex. We could look to overexploitation, river and air pollution, non-native invasive species, pesticides, climate change and a range of other factors, but increasing urbanisation remains one of the key issues for biodiversity.

To put it bluntly, plants and animals are finding it increasingly difficult to find places to live and the foods they need in our towns and cities. Their ecosystems and areas of habitat are being split into smaller unconnected patches, which makes it impossible for them to move from one place to another.

Our gardens have the potential to play a crucial role in reversing this trend. Creating a wildlife-friendly garden doesn't have to be difficult or compromise the way your garden looks. Quite the opposite.

Conservation gardening projects can be tailored to any budget, and shape or size of garden (even people without gardens can help). Just a few small changes can make an enormous difference:

Striking the balance

Wildlife and practicality don't always go hand in hand when it comes to gardening, and that's ok.

Take time to think about what works for you and your garden - a lawn for children can still be rich in herbs like white clover, selfheal, and birds-foot-trefoil. These wildflowers will attract bees and hoverflies and provide good foraging habitat for starlings and hedgehogs.

If you don't have a garden, you can still volunteer with your local community garden or help by placing some bird feeders in the local woodland. There is something for everyone and every pocket.

Include native plants

Where you can, include some plants, shrubs or trees that are native to your local area so they can provide food and habitats for insects and animals living nearby. Our wildlife has evolved with these particular species, so they are much more likely to survive when they are about.

Many of the cottage garden flowers - primrose, aubretia, lavender, thyme, and thistles - are perfect as they bring vibrant colour and can fit anywhere from a window box to

a border. Plant a range that flower and seed throughout the year to provide food for insects and animals that are active and feeding over different seasons. The ladybirds, butterflies and bumblebees will be sure to thank you.

Plant for pollinators

Luckily, the flowers that are loved by bees and other pollinating insects such as butterflies, moths, and beetles, are also just as attractive to the human eye. Borage, salvias, and echinacea variants are all stunning and are loved by insects for their nectar while the birds adore the seeds.

Make a pile

Everyone needs somewhere to live. Many animals such as birds and hedgehogs rely on insects for food. And despite their reputation, many insects help because they either eat other insects that do cause problems or break organic matter down to enrich the soil.

A pile of old bricks, rocks, or old wood in a corner of the garden can help the bugs and insects flourish. If you don't have space for a pile, there are some lovely insect 'hotels' you can build from plans on the internet or buy from a garden centre. You'll be amazed at how quickly the wildlife settles in.

Be soil friendly

Good soil quality is a simple way to encourage biodiversity and get the most from your plants. Healthy soil is one that is full of bacteria, fungi, microbes, and other creatures which creates the right environmental conditions for the plants and animals to thrive.

Adding well-rotted materials like homemade compost will feed the tiny microbes then, other creatures such as worms do all of the work by decomposing the waste matter and secreting nutrients to create better soil structure and fertility. Home composting itself will also create a habitat for worms, woodlice and many other insects including frogs and slow worms, and it's a great way to use up food waste.

It's also important to remember that synthetic fertilisers, weed killers and pesticides contain toxic chemicals. Insects, birds, small mammals, and amphibians not only add to the biodiversity of your growing patch, but many of them also act as predators on pests such as slugs, snails and aphids so there is no need for toxic chemicals.

Dig a pond

Garden ponds and water features have huge importance for wildlife, but over the past 100 years, nearly 90% of

lowland ponds have been lost from the UK countryside. Even something as small as an upturned dustbin lid sunk into the ground and filled with water will soon be a hive of activity.

If you want to go the whole hog, you'll need to think about what type of pond is best for your garden and how to construct it - but don't worry. It makes no difference to the wildlife whether your pond is natural or man-made if they are accessible. Caddisflies, damselflies, dragonflies, mayflies, pond skaters, snails and water beetles breed in water and frogs, toads and newts soon follow.

What you can plant depends on the size and type of your pond. White water lily, yellow flag iris, purple loosestrife and marsh marigold are all lovely native plants that will encourage insects and other animals to call your pond home.

Create corridors

Look at your garden and imagine how the animals and insects get around. Planting up bare ground and open areas to connect all parts of the garden will provide cover and food and encourage the insects and amphibians to move around.

Make sure nature can access your garden by planting hedges instead of fences or making a 5-inch hole in the bottom of a fence panel so animals like the iconic hedgehog can come and eat your slugs - it's a win-win situation.

Monitor your wildlife

It's fun and rewarding to monitor the wildlife in your garden. What they are, when they first appear, how many there are, and what they like to eat are all fascinating and will help you see how effective your wildlife-friendly gardening has been. You never know who might turn up.

Each of us, whether you have a window box, a field or even no garden at all, can support and protect Scotland's biodiversity. Given the area of gardens in urban environments, these 'creative conservation' measures will play an important role in conservation more generally.

Always remember, even when the problems are massive like the climate emergency or biodiversity loss, lots of little differences can all add up - you have the (flower) power, be the difference.

SAVING THE PLANET ONE PODCAST AT A TIME

In our busy lives not everyone has the time to read a 6,000-word blog post. That's why podcasts have seen a major rise in popularity.

Unlike written or visual content, podcasts are great to listen to when you're on the treadmill at the gym, on your morning commute to work, doing the hoovering or any other time that suits you and now Zero Waste Scotland's *Towards Zero* podcast is available for you to listen to on the go too.

Towards Zero: The Podcast

Each episode features interesting stories, information and ideas from a wide array of guests, including Zero Waste Scotland experts, on how we can all waste less and do more.

The future of food

As a nation of food lovers and waste haters, it's surprising how much of our food ends up in the bin. In Scotland, we collectively waste over £1 billion worth of food from our homes each year.

And it's not just bad for our pockets. Wasting food impacts the environment and is a major contributor to the climate crisis.

On episode one...

Insect farming might sound like a joke but it's a serious business opportunity to turn Scotland's waste into value. We talk to Zero Waste Scotland's bioeconomy expert, Dr. William Clark, about how Scottish insect farms can help to produce the sustainable food supply we need - reducing waste and emissions and creating green jobs too.

Tesco joins us to explain why the UK's largest supermarket is keen on insect farming as part of growing efforts to help combat climate change by working with its suppliers to make customers' shopping far more sustainable.

"We want to reduce the environmental impact of an average UK shopping basket by half"

- Laurence Webb, Responsible Sourcing Manager, Tesco.

Fife food and drink hub, Bowhouse, also drops in for a chat about how, as a small Scottish business, it's working with Zero Waste Scotland and local food producers to make a big difference to food waste.

Episodes 2 and 3 are also now available so get listening now. They're available on our [website](#) or search 'Towards Zero' on your favourite podcast app.

A SUSTAINABLE GUIDE TO COOKING

If sustainable food is your thing, tune in to [Scotsman Food and Drink's Scran](#) podcast to hear chef Gary Maclean and Zero Waste Scotland's Andrew Pankhurst talk about cutting down on food waste and top tips for recycling and composting. Plus, hear who Gary and Andrew's dream dinner party guests are.

TOWARDS ZERO AVAILABLE TO STREAM NOW:



EP 1:
THE FUTURE
OF FOOD

FEAT. TESCO, BOWHOUSE FIFE
AND ZERO WASTE SCOTLAND

ZEROWASTESCOTLAND.ORG.UK/PODCAST

LISTEN FOR FREE AT:   



EP 2:
THE FUTURE
OF OUR HOMES

FEAT. IKEA, SOFA FOR LIFE
AND ZERO WASTE SCOTLAND

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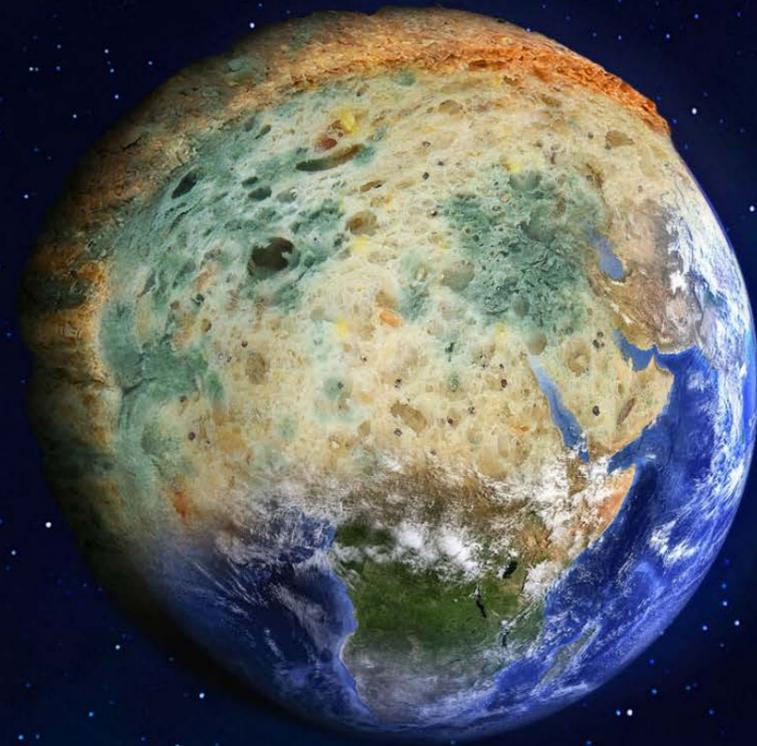
EP 3:
THE FUTURE
OF WORK

FEAT. NATIONAL GRID ESO,
RENEWABLE PARTS
LTD. AND ZERO WASTE
SCOTLAND

ZEROWASTESCOTLAND.ORG.UK/PODCAST

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WASTING FOOD FEEDS CLIMATE CHANGE.

FOOD WASTE ACTION CHALLENGE

Did you know that throwing out food is one of the biggest contributors to climate change? When we waste food, it's not just the food we're wasting, it's the resources it takes to produce it – like water and the land that could have been cleared to create the space to grow it, too.

With a massive 30% of global greenhouse gases coming from producing our food, it's safe to say that we need to do something about it and be more eco-friendly. And 70% of the food that is wasted is from our homes. The Power is in our hands!

Why not challenge yourself to try a simple hack or tip each day of the week and see how easy it is to save money and the planet.

CHALLENGE ACCEPTED...

MONDAY - PORTION PLANNING

This everyday [portion planner](#) will provide you with guidance on how much food you need for each person, for each meal. It's simple to use as we've calculated the typical serving sizes for you.

TUESDAY - FRIDGE OPTIMISATION

Learn how to chill the fridge out! The average Scottish fridge temperature is close to 7°C. Turn it down to 5°C or less and you could get three extra days out of your milk! Use our [Chill The Fridge Out](#) tool to find out how to set your fridge at the optimum temperature.

WEDNESDAY - UNDERSTANDING DATE LABELS

Take a quick glance at your food packaging and chances are, there's probably a date on there somewhere. But what does it mean? We know that the dates can be a bit confusing if you don't understand the difference. [We're here to help](#) you make sense of them, and in the process save your food from being wasted.

THURSDAY - COMPL-EATING

Compl-eating is simple. It's about eating the whole ingredient or food and letting no edible parts go to waste like broccoli stalks, cauliflower leaves and potato skins. Getting the best value from the food you buy, making the most of our food's nutrients and saving the hassle of peeling and unlocking a whole load of flavour potential. Find our Compl-eating recipes [here](#).

FRIDAY - USING UP LEFTOVERS

Give your leftovers a makeover – from bubble and squeak to curry in a hurry - find out why there is such a thing as a free lunch! Use our website to search for [leftover recipes](#) by ingredient, dietary requirement and even cooking time.

SATURDAY - OPTIMISING STORAGE

Become a storage superhero - storing your food correctly is the easiest way to prolong its life. Check out our [A-Z of Food Storage guide](#) to find out how to best store your food, including tips for keeping it fresher for longer.

SUNDAY - BUYING FROZEN, FREEZING AND DEFRÖSTING SAFELY

Lots of people don't realise it's safe to freeze food right up to the use-by date, and then defrost in the fridge when you want it. You can freeze almost all foods (except those with a high-water content, like lettuce or cucumber). It's a quick and easy way of stopping your food from being wasted, so make the most of your freezer with these [top tips!](#)

Buying frozen is a great way to ensure you won't waste food that you often only need part of for a recipe or meal, such as mixed veg, or spinach. Try a swaption – swapping fresh for frozen!

TO SHARE YOUR SUCCESSES WITH US TAG
@LOVEFOODHATEWASTESCOTLAND IN YOUR POSTS.

5 WAYS WITH 5: FOOD FOR THOUGHT

Although we often have good intentions of writing out an extensive shopping list or meal plan before the big shop sometimes time is just not on our side. To help you when you're in a pickle, or find yourself in the supermarket without your list, we've pulled together some shopping staples which, when combined with cupboard classics, can form the basis of five delicious lunches or dinners so you can always have a go to meal without panic shopping.

This isn't a formal shopping list or set of recipes but rather a starter for 10 to show you that many ingredients can have multiple uses, as well as which ingredients work well together. The idea is to inspire you to think about your food shop in a slightly different way, and to give you some guidance on what to buy.

Alongside the 5 key ingredients, you'll need some kitchen basics: things like chopped tomatoes, stock cubes, spices, and seasoning. It's also great to pick up some nut butter and dried goods like rice, noodles, or pasta as well as some fresh veg like onions and peppers (why not pick up some seasonal produce for a good deal?).

PLANT-BASED

Take the following 5 ingredients:

1. Chickpeas
2. Sweet Potatoes
3. Frozen Spinach
4. Coconut Yoghurt (or any dairy-free yoghurt)
5. Lentils

1. Chickpea & Sweet Potato Curry

Use your chickpeas, sweet potato, and spinach in a healthy curry. An onion makes a good base for this and you can use whatever spices you like. The addition of chopped tomatoes or coconut milk helps to form your sauce while a spoonful of your favourite nut butter can add a tasty flavour. Serve with rice.

2. Baked Sweet Potatoes with Hummus & Sautéed Spinach

A baked sweet potato is a nutritious and easy dinner, why not whizz up a simple hummus style spread with chickpeas, garlic, olive oil, lemon juice and tahini if you have it (alternatively just heat the chickpeas up and mash them with salt & pepper and some spices) and use as a topping for your tattie with some sautéed spinach!

3. Daal with Flatbread

A daal is really easy and you can have a bit of fun with it (chickpeas can bulk up a classic lentil daal and add some texture). Roast off some chunks of sweet potato with spices as a topper and make a simple flatbread with 75g flour, 75g yoghurt and ¼ tsp baking powder to scoop it all up.

4. Sweet Potato Topped Vegan Shepherd's Pie

Use lentils in place of meat to make the filling for a vegan shepherd's pie. Cook your lentils with onion and some spices and veg stock (or marmite or miso to add a savoury flavour). Stir through some spinach too for an extra hit of goodness! Make your topping by boiling then mashing the sweet potato (add some yoghurt for creaminess). If you have it, a sprinkling of nutritional yeast can be used to replicate cheddar.

5. Lentil & Sweet Potato Soup

Great for using up any leftover veg in the fridge, a big pot of soup with lentils and sweet potato is a great option for lunches. Just add stock, and anything else you fancy! Whether blended or left chunky, you can't go wrong with a swirl of yoghurt added before serving.

MEAT

Take the following 5 ingredients:

1. Beef Mince
2. Burger Buns
3. Sweet Potatoes
4. Cheddar
5. Eggs

1. Burgers with sweet potato fries

Burgers are super simple! Make patties with mince and salt & pepper. Add them to your buns with melted cheddar, sliced onions if you have them, and whatever condiments are your fave. Serve with a side of sweet potato fries!

2. Beef & Sweet Potato Chilli

Sweet potato makes a great addition to a classic chilli, bulking it out and adding its signature sweetness. Cumin, cinnamon, and chilli powder make a good base for a chilli as well as a tin of chopped tomatoes. Serve with rice and plenty of grated cheddar!

3. Shakshuka with Beef Meatballs

Turn one of your burger buns into breadcrumbs and make meatballs with beef mince, dried herbs, breadcrumbs, salt & pepper, and an egg to bind. Fry off your meatballs and set aside. Take any fresh veg you fancy (onions, peppers and cherry tomatoes work well) and fry in the pan before adding your choice of spices and a tin of chopped tomatoes. A teaspoon of sugar or honey can also be added here for sweetness. Add meatballs back in and leave to simmer until sauce begins to thicken and meatballs are cooked through. Make wells in the sauce and crack in your eggs!

4. Crispy Beef Rice Bowl

Fry up your beef with some spices (5 spice is perfect if you have it as is fresh ginger and garlic) as well as some honey/sweet chilli or hoisin sauce. Once your mince has become crispy add in some fresh veg and fry that before adding cooked rice. Stir until combined and serve topped with a fried egg.

5. Cottage Pie

A cottage pie is a simple classic and works really well with sweet potato too. Brown your mince with onion if you have it and add some stock (some Worcester sauce works well at this point too, or a spoonful of chutney). Top your cooked mince with mashed sweet potato and plenty of cheese and cook until bubbling and delicious.

FISH

Take the following 5 ingredients:

1. Tuna
2. Frozen Peas
3. Loaf of bread
4. Feta
5. Potatoes

1. Fishcakes with pea mash

Boil potatoes and make a mash, add your tinned tuna to the mash mix and form into patties (some mayonnaise can help to bind the mixture together). Make breadcrumbs from your loaf and serve with cooked peas mashed with lemon/mint/chilli - whatever you have, and a dollop of mayo.

2. Pea & feta smash on toast

Cook up some frozen peas and once ready roughly mash with a fork, crumble some feta into the mixture and add to toast with a sprinkle of chilli flakes. If you have eggs, this could also be topped with a fried or poached egg.

3. Baked Potato with Greek(ish) salad

Give the tuna baked potato a bit of an upgrade! Add some sliced onion (and cucumber and tomato if you have it) to tinned tuna. Stir through some feta, red wine vinegar and dried oregano and add to a baked potato. Black olives optional but very much encouraged!

4. Tuna & Pea Pasta

Cook some pasta from the cupboard (a spaghetti or tagliatelle works well) and pop on some frozen peas. Lightly cook some garlic in olive oil in a pan, add your tuna, pasta, peas, and a touch of pasta water. Stir to combine with a squeeze of lemon if you have it. Season well and serve.

5. Roast Feta with garlic bread

Take some fresh veggies (onions, peppers and tomatoes work well) and add them to a roasting tray with olive oil and salt & pepper. Nestle a block of feta in the middle and bake. Serve with toast that has been charred on a griddle pan and rubbed with oil and garlic.



DRINKING RESPONSIBLY - HOW TO SAVE THE CLIMATE WITH COCKTAILS

Does the threat of climate change leave you feeling shaken and stirred? Well fear not. Zero Waste Scotland and the Glasgow Science Centre have teamed up to help Scots learn how to master cocktail-making, the environmentally friendly way.

Using up your leftovers is not the only way to tackle harmful greenhouse gases, you can also make your favourite tippie more sustainable.

What makes a cocktail sustainable?

When it comes to sustainable cocktails it is about making the most of all the ingredients we use. That before anything that is still fresh and edible is thrown away, we ask the question "can this be used for something?"

There are lots of elements to look at...

Like how much ice are you using, are garnishes edible or inedible, can excess fruit be reused, where has the

product come from, is the fruit and veg seasonal and grown in the UK, does it have reduced food miles? You get the picture. Sustainable cocktails are the green, eco-friendly future of drinking, and focus on ensuring a reduction of raw materials and carbon impact of products.

On Saturday, 20 February, drink expert Richard Kenny hosted a free virtual make-along masterclass as part of the Glasgow Science Centre's digital science festival. If you missed the event, you learn how to create sustainable drinks at home by watching the masterclass [here](#).

The carbon-busting cocktails you can create include 'The COP-tail 26', made using sustainable gin, and a spin on a classic, 'Zero Waste Woo Woo' made with leftover fruit.

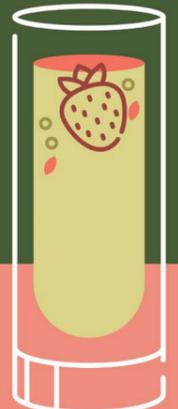
Be sure to let us know which one is your favourite.



The COP-tail 26

25ml sustainable gin
50ml enriched clementine juice*
*Enriched with Citric acid, approx 3g for 200ml and about 5g of sugar
Top-up with fizz
Shake and strain into highball or a flute glass
Garnish with clementine peel

In association with:
 



Zero Waste Woo Woo

40ml strawberry infused sustainable vodka
50ml enriched citrus juice*
*Enriched with citric acid, approx 3g for 200ml with 5g of sugar
25ml elderflower cordial
Top-up with light tonic
Shake and strain into highball glass
Garnish with strawberry powder**
**Dehydrate strawberries that aren't appealing to eat. Takes about 8-10hours in a dehydrator on 60°C. Make sure the strawberries are completely dry before blending them to the fine dust.

In association with:
 



Spruce Vodka Martini

12.5ml extra dry Martini
50ml sustainable spruce vodka*
*Add vodka, clementine slices and spruce tree sprigs into a sealable container and leave for a month.
Stir for 30 seconds and strain into an ice cold martini glass.
Shake and strain into highball glass
Garnish with olives and pickled garlic

In association with:
 

BATTERIES

are better recycled

25%

of households incorrectly place batteries in the general rubbish.

All batteries can be recycled. Whether AA or rechargeable, they contain valuable materials that can be reused in other products.



Batteries contain toxic materials

When placed in the bin they'll most likely end up in landfill releasing toxic chemicals, contributing to pollution and contaminating our environment.

WEEE

This WEEE symbol is on every battery and is a reminder that you shouldn't put batteries in the general waste bin.



20,000 tonnes

of batteries are sent to landfill in the UK every year.

Lithium-ion batteries

the type you find in laptops and other gadgets - can be removed from your unwanted device and taken to your local recycling centre or a Waste Electronic and Electrical Equipment recycling point.



Recycle at shops

Shops that sell large volumes of batteries have to offer recycling collection. So look out for a collection point at your supermarket.



**When they run out, don't chuck them out.
Recycle at your nearest collection point.**

RECYCLE YOUR BATTERIES

A survey carried out on behalf of Zero Waste Scotland revealed 25% of people who responded admitted they disposed of batteries in the general household bin.

With more and more gadgets filling our lives it's easy to forget that batteries contain valuable materials so disposing of them incorrectly when they run out wastes resources that can be reclaimed and reused in other products.

Cobalt and lithium are two resources required to manufacture batteries and are seen to be in critical supply as demand increases. So, it is important to recycle all batteries whether a rechargeable battery that is part of an electrical device or they are everyday double AA's.

When disposed of incorrectly, batteries can damage the environment as they are most likely to end up in landfill where they will decay, release toxic metals, increase the risk of water pollution, and cause potential onsite fires at landfill sites or waste plants. If electrical products are disposed of with batteries still inside, they can potentially cause battery fires.

It's important to remember that batteries should always be recycled, and this can be easily done at most major supermarkets, at household waste recycling centres or a waste electronic and electrical equipment recycling point. This will recover valuable materials, keep resources in use for longer and reduces pollution.

Shops that sell more than 32kg of batteries a year (that's around 345 four-packs of AA batteries) have to provide battery recycling collection facilities in-store. This means there are now lots more places to take your old batteries for recycling. If you can't see a collection box, ask the shop assistant if they have one - sometimes they keep it behind the counter, especially in smaller stores.

We can all make a significant difference simply by storing batteries at home until we have enough to take to our nearest collection point.

Once used up, small household batteries such as AA and AAA batteries should be removed and stored in a plastic container like an ice cream or margarine tub and kept in

a cool, dry place at normal room temperature. Once the container is full batteries can then be taken to your nearest collection point.

Lithium-ion batteries - the type of battery found in laptops, tablets, and other gadgets - should be removed, if possible, from the device when switched off. The used battery should then be stored in a cool, dry place at normal room temperature until it can be taken to a recycling centre or a waste electronic and electrical equipment recycling point.

Batteries are small and easy to store without too much fuss. But there are simple rules to follow to protect yourself and your battery-using equipment.

- Don't store batteries inside equipment for long periods of time.
- Once batteries are depleted remove them from equipment as soon as possible.
- Avoid storing batteries in metal containers
- Keep new and used batteries apart.

In addition, consider ways to reduce battery use.

- Use rechargeable batteries wherever possible - you can even buy a solar-powered recharger.
- Plug electrical equipment into the mains electricity when available.
- Consider appliances that use renewable energy - a wind-up radio or torch, dynamo bicycle lights or a solar-powered.

**FOR TIPS,
INFORMATION AND SO
MUCH MORE VISIT:**

**Zero Waste Scotland's
[How to Waste Less site](#)**



CHURCHES PAVE THE WAY TO A GREENER SCOTLAND

We've featured various community groups in previous issues and shown what a huge impact they can have. This month we're featuring an amazing organisation in Dundee – the [Gate Church Carbon Saving Project](#). Many churches have taken great strides to become more sustainable – with over 450 signed up to the [Eco Congregations Scotland](#) scheme. But Gate Church are really leading the way thanks to funding from the [Climate Challenge Fund](#).

Gate Church Carbon Saving Project aims to encourage the community to lower their carbon footprint through recycling waste, whilst helping those experiencing material and food poverty. They are doing this through five main areas:

- Reducing food waste by installing Dundee's first Community Fridge
- Encouraging reuse of clothing and household items through a Give Box scheme (now the Community Wardrobe)
- Helping the community learn about climate change through workshops and events

- Lowering the carbon footprint of community buildings
- Providing worthwhile volunteering opportunities.

You are probably already aware of community fridges as we've had articles about them in [previous issues](#) of our 'Making the most ezine'. Gate Church's is slightly different to the others in that they have had to build a whole new building to house theirs as there wasn't a suitable existing building. However, it's been well worth it with 78 tonnes of food saved from the bin in 2020 – equivalent to 184,000 meals (that's a lot of meals!!!). The building has allowed them to have a venue to engage with the community on food waste but also on wider issues, for instance addressing period poverty and the amount of waste with single-use period products. They have been providing free supplies of reusable period products at the fridge building (along with online promotion including a webinar in March that Zero Waste Scotland co-hosted with them).

Their Give Box scheme has also been a huge success. A few years ago, Zero Waste Scotland ran an electrical

amnesty and had several boxes made which could be placed in public venues for the community to place unwanted items in. Gate Church took part and then saw there were a few boxes left over and took the opportunity to reuse them, rebrand them and turn them into 'Give Boxes'. These boxes were placed in libraries, supermarkets, educational establishments, workplaces, churches, cafes and more, for people to drop off unwanted household items. The scheme was so successful they made more boxes and at one stage had over 30 boxes around the town. In the first two years they saved 18 tonnes of clothing and household items from the bin and shared those items with 20+ reuse charities around the city.

They also regularly hosted swap shops, where people could donate and/or take items of clothing to reduce waste and help people get a new wardrobe at no cost. Covid has meant that the Give Boxes and swap shops have had to be adapted and have developed into the 'Community Wardrobe'. When restriction allow these are held every Friday and the last Saturday of the month with visitors booking a slot via their website or partner agencies and coming along and get items of clothing for free. Since the new scheme opened in September 2020, 480 people have visited, and 14 tonnes of clothing saved.

In addition, they run a regular series of engaging workshops and have even set up the [Dundee Climate](#)

[Action Network](#) which holds meetings to help partnership working and information sharing across Dundee. They've run repair cafes, seed swaps, grow your own session, decluttering workshops, and recently a 'Women in the Climate crises' event for International Women's Day.

Lynsey Penny, Project Coordinator at Gate Church Carbon Saving Project said; "It's been such a joy to work on this project. We can really see the impact we're having on a daily basis – not only on the environment but on the lives of local people".

She went on to stress "We couldn't have done it without the great team we have here, and especially the 50+ volunteers who give their time freely to help out in many different ways. We're finding they are learning new skills, getting some much-needed social interaction, and that feel-good-factor of making a difference to their community. I can't praise them enough".

"We can really see the impact we're having on a daily basis – not only on the environment but on the lives of local people".

Lynsey Penny, Project Coordinator, Gate Church Carbon Saving Project



EASTER LEFTOVER RECIPES



Leftover chocolate – what’s that you might say? But yes, it does sometimes exist. In fact, each year in the UK, 18,000 tonnes of chocolate and sweets are thrown away from our homes!

Sometimes we can have too much of a good thing, and it might seem like a good idea to avoid temptation and start a fresh. Or the little ones might not have the same self-discipline. So here are some ideas for your leftover Easter chocolate...

Chocolate covered frozen banana

Need a hiatus from chocolate for a while? Maybe you’ve got bananas that are starting to go a bit brown? Get some chocolate – melt it, put your peeled bananas onto a grease proof tray, smother it with the chocolate, insert a lolly stick and pop into the freezer. Chocolate covered frozen bananas are a super treat that can be kept until the summer.

Cream cheese marble brownies

Goey chocolate, coffee, cream cheese – need further convincing? This recipe is perfect for those wanting to add a little pizzazz to their chocolate brownies.

Chocolate, walnut, and blueberry biscuit slices

These are a real treat, and you can use up the broken bits of biscuits at the bottom of the tin, or those that are starting to go a bit squidgy. This is a good one if you’ve got quite a bit of chocolate left.

LEFTOVER HOT CROSS BUNS

We can be creatures of habit, and many of us will buy breads, buns and rolls out of habit. And at Easter there are all those hot cross buns, and well, it would be rude not to wouldn’t it?!

In fact, in the UK we throw away about 450,000 tonnes of bakery items per year, at a cost of £860 million collectively.

Hot cross buns are the ultimate comfort snack – warm, toasted and smothered in melted butter, but they could be so much more than just that. Here are our tips...

Hot cross chocolate bread and butter pudding

A classic made from two things that are the quintessential taste of Easter – chocolate, and hot cross buns. Use our recipe and just swap bread for hot cross buns. Plus – you can freeze it!

Crispy toppings

When bread goes stale, it doesn’t have to be the end. We always say that there’s lots of ways to bring your bread back to life, such as blitzing it up and making it into breadcrumbs for crispy coatings. Hot cross buns can be made into sweet toppings – try this recipe out and replace the donut with them.

Freeze it!

You can freeze most bakery products – including bread, cakes and you guessed it, hot cross buns. You can take them out and toast them from frozen, and when toasted many people wouldn’t even notice the difference – after all, they don’t call them cold cross buns do they?

French toast with honey

Indulge yourself with this breakfast treat which can be adapted using a hot cross bun – serve with a creamy dollop of Greek yoghurt and voila – you have a delicious start to your day.



FOR UP TO THE
MINUTE FOOD-SAVING
TIPS AND RECIPES

join us on
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IS 'TOO GOOD TO GO' TOO GOOD TO MISS?

Nobody likes seeing food going to waste, but the reality is that it is so common around us that it can sometimes feel like it has become an accepted part of life.

Thankfully Too Good To Go have developed an app connecting users with businesses that have surplus food, so that this food can be enjoyed instead of wasted. Users get delicious meals at a great price, businesses reach new customers and recover sunk costs, and the planet has less wasted food to deal with - it's a win-win-win.

Our very own Miriam documented her experience with the app, here is her story:

"I'd downloaded the app ages ago, and there weren't any companies in Peebles listed on the site. But I'd seen an update at the weekend that BP M&S stores were now on there, so I had a look and yippee - we were in business. Greggs in Peebles is also on there, so like buses - none come along for ages, then two at once.

The M&S deal was £4 and you had to pick up between 9 and 10pm. The Greggs deal is £2.59, and you have to pick up between 2.30 and 3pm.

I decided to give M&S a go as I thought the type of good would be more varied. The app was really clear and easy to use. I duly turned up after 9pm and was excited to be handed my little brown paper bag of goodies. It was like Christmas come early. And I wasn't disappointed. This was my haul:



So, was it worth it? Without a doubt.

For the store:

- They had reduced the price on these things already, but they hadn't sold, and they wouldn't be able to sell them the next day due to 'use by' dates - so getting £4 was certainly better than nothing.
- It got me into the store. I didn't actually buy anything extra while I was there, but I may well have done - and might do next time.

For the environment:

- By saving meals through Too Good To Go, you're powering the force for change. A planet with no food waste is a better place to be.
- On this occasion I did drive there (11 mile round trip), so not sure of which is worse - the food waste or the car miles. But I wanted to try out the service and wasn't prepared to cycle there at 9pm in March. Maybe in the summer ... Or I might go for the Greggs offer which I could pick up in the daytime - so nicer by bike, or easy to tie in with another trip into town.
- Most of the stuff had a use by date of the day I picked it up. And bearing in mind it was after 9pm, it did mean you had to either freeze things or eat them after the use by date. So, a bit of meal planning and good use of the freezer is required, and I can imagine some people might end up throwing some items away.

For me:

- They weren't necessarily things I would have bought, but there wasn't anything I won't eat. We have gone 90% vegan - so if we were strict vegans, it wouldn't be so good, but we're pretty flexible, so it's not an issue for us.

I definitely would recommend the app. I'm not so sure what the Greggs one will be like as it will obviously all be bakery products - and unsure how many of them will be freezable, but it would be worth a try. Plus, as the pick-up time is earlier, you have more flexibility as you can eat some of the items on the same day as your pick-up."

WANT TO TRY
TOO GOOD TO GO?

For more information
and to download the
app [click here](#)



Love Food Hate Waste is here to help us all make the most of the food we love. Find out more at: scotland.lovefoodhatewaste.com

Or follow us on:

-  [lovefoodhatewastescotland](https://www.facebook.com/lovefoodhatewastescotland)
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We actively use feedback to constantly improve our newsletters and provide you with the best possible content. So that we can provide you an even better experience we would like to hear your thoughts on our recent newsletters.

If you have a spare 3 minutes, we would appreciate it greatly if could please fill out our short survey [here](#).

**LOVE
FOOD**
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