

Transcript

Sustainability Day - 28 October 2020

Fighting food waste – Ann Storr, (Storr cupboard)

Lucy: So if you're ready we'll kick off then. So this is our last session of the day, which is Fighting food waste and we're joined by Ann Storr. So take it away Ann.

Ann: Hi everybody. Thank you for coming, I hope you've had a really lovely day at the sessions that you've joined. So what I wanted to do is give you a few stats and figures about food waste, because God loves a stat, and I am going to slightly Blue Peter it. I think we're all a bit tired, I hope you've all got a cup of tea, maybe undone your top button, and we can leave feeling happy and energised to make some actionable steps to help to make better climate decisions. So I really got interested in food waste quite a long time ago. My ex-husband and I, we were quite young parents, and we were bringing up 2 small children on the salaries of idealistic and naive arts graduates in London, and trying to make ends meet, which was sometimes quite interesting. Being a bit of a worthy hippie I could just about justify a veg box. But that meant I had to use absolutely everything that was inside of it. So if any of you have got kids, I'm imagining hands going up, then you might know that they will sometimes maybe bite into one of every single apple in a bag of a dozen apples, and you only find them two days later when they've all gone a bit brown. Or sometimes you don't eat the carrots in time and they go a little bit grotty or coming home after a weekend away and the milk has turned. But because I insisted on being able to afford this organic milk, I absolutely had to learn a way to use it. Luckily for me, I'd enjoyed cooking when I was little and I was allowed to experiment. Also my granny had passed away so I picked up all of her old cooking stuff. So I had baking tins and I think my wooden spoons are all about 80 years old. So I had all those skills and that confidence at my fingertips, which was really, really lucky, and a totally bloody-minded attitude to wanting to be able to feed my kids, hippie feed basically because I couldn't afford to do both that and go and buy pizzas, because shop-bought pizzas I still think are quite expensive. So that's how I got into it. It came really from a combination of a place of absolute economic need. So I understand that sustainable choices can sometimes feel more expensive, but this is one that can save you money. I'm not looking to convert everybody to quinoa, because it tastes like mud. What I'm looking to do is just to help you to waste less and save money. If that means that for some of you if you can afford to buy better quality organic food, then I think that's really important for those of us that can afford to buy the organic food to help the soil and the climate. If you're just looking to save money, then brilliant, let's help you to save money and make life a little bit less stressful as we're moving into Covinter.

So this is a little, I think infographic is too fine a word to put on it, but this is the theory that I have with StorrCupboard, I want to try to help people to take one leftover and turn it into the next thing and into the next thing because that's kind of how my mind works. But a lot of people would find this a little bit boring. So what I'm going to do is just give you a couple of little facts and statistics about food waste. So the food and agriculture industry is estimated to comprise about 24% of all greenhouse gas emissions, and food waste accounts for 8% of this total. So 8% of all greenhouse gas emissions are estimated to come from food that is wasted that could otherwise nourish all of us. But I find that awful and I feel outraged, but I don't really know what that means. To me that is too big and too weird. So what we can do is try to break that down into a few different sums. So the same report by the UN says that 1.3 billion tonnes of edible food is wasted every single year. So if we think about that, it's probably an American tonne, that equates to a $\frac{1}{4}$ of a tonne per person per year. Again, what does that mean?

It's about 1lb a day. So one imperial pound of food. So that is food that's wasted on the farm, at the farm gate, in processing, in moving around at the supermarket and at home. So I don't know if we can do the first question. But I know none of us feel good about wasting food, we all do it. So this is like a safe space, no one is throwing any shade. But what percentage of food do you think is wasted at home every year? Can we put that in the chat box?

Lucy: If you just want to make a guess in the chat box and I'll let Ann what you've said. It's probably a scary amount. So we've got a real range already. So we've got 30%, 70%, 15%, 10%, 65%, 40%, 20%. So a lot basically the full range from 10 to 80%.

Ann: All bases are covered you guys. It is 50%. So WRAP, the organisation that works for the government in compiling all these statistics say that it's 50% of all the UK's food waste is domestic. So that's people like me, like Lucy, like you guys just not quite following through with what we do. So this is obviously not something that any of us want to be doing. But you can see how immediately actionable this change can be. Whenever we feel that climate overwhelm, I think about the things that I can do and the steps that I can take.

So again, what I like to do always is to bring things down into something that's bite size, I may be a child of BBC Bitesize revision. So WRAP estimates that roughly 160 million bags of bagged salad are wasted every single year. So you know the poofy ones that you get at the supermarket pumped full of gas, it's these bad boys. Now, again, massive number, feels quite bizarre. But I think salad packs are a really fun example of the bigger impacts into food waste and the speaker before me I know was speaking a little bit about soil degradation as well. So for example, with your salad pack, there are a few things that make them, problematic is too big a word, but that's the only one I can think of at this time of day. So about 50% of all salad packs that are eaten in the UK are from Spain, they are from arid countries that really can't afford to waste water on food that's just going to go straight in the bin. These style of packs are also air freighted because the leaves are so delicate they can't sit on a ship freighter for 6 weeks-3 months. The other 50% of the salad packs that we eat in the UK are grown in the UK which is great, fewer road miles, however, the farms that these are grown on are mostly monoculture farms, and what they are doing is really intensively farming the soil. So effectively bleaching the soil of all of its micronutrients because the leaves are so delicate that weeding is such a labour intensive operation that it's not felt to be economically viable. So the soil is stripped and then it is pumped full of petroleum-based nitrogen fertilisers, which obviously can run off into the water system. The seeds are then sown and grown, but to enable the seeds to grow at the correct rates for harvesting, and people have got people to feed, I'm not being aggressive to other farmers, this is all a complex system. But these leaves are then grown under great amounts of air control and humidity control, which obviously is very carbon intensive and there's an awful lot of fungicides that the leaves are treated with just to make sure that they don't spoil but that's still again a petroleum-based product. The leaves when they're harvested are then chlorine washed and then twice washed in running water, obviously to make sure that none of us are going to get poorly. There's a huge amount of worry and danger in terms of salmonella and listeria poisoning from salad packs. If 160 million bags of these are getting wasted each year because many of us, when I've asked in other groups, it's often a problem of just being tired, of understandably not necessarily thinking. I have actually stalked people in the supermarket aisles, I've watched them pick up the salad packs and it is that understandable mindless thing of just chucking it in the trolley, chucking it in the trolley, I'm tired, I'm tired, and wanting your family and your loved ones to eat well, and wanting them to have that salad and wanting them to be aiming for that 5 or even 9 portions of vegetables a day. Absolutely. But if we're shopping aspirationally and if we're not taking note of what people are actually eating at home, we're just buying what we want them to eat without maybe having those conversations then this is where the waste can come in. Because we're used to treating food as something that just exists and it's just there.

So, Mike Berners-Lee, and I don't know if Jen Gale talked about this, in this amazing book, *How Bad are Bananas?* has estimated that a head of lettuce takes 600g of carbon to produce in the UK, and the equivalent lettuce takes 1.8 kilogrammes of carbon to produce when it comes from Spain because

obviously there's increased transportation costs. So just hold those numbers in your head if you can, if you're better at maths than me.

So that 160 million, with a UK household number of 27.8 million households in the UK, so with a slight frown I have had all my statistics checked by a PhD but I always get a little bit nervous, that equates to 6 bags of salad per household per year. That's not very many is it. It's really not very many but you can see how it adds up. Because it's just a little bit here. It's half a bag here, it's half a bag there and it really, really does add up. It really, really matters. Remember I was talking about those different levels of carbon well if we think about if there was 600 grammes of carbon in that top line in each of those 3 bags, and if there's 1.8 kilos of carbon roughly in these bottom lines, well there you've got 7.6 kilos of carbon that are just wasted into the atmosphere by me, by Jean next door, and Sean two doors down where I live, every single year. Again to put that into context, in case it's helpful, Mike Berners-Lee in his book, I just did a little bit of research, he said that that's roughly equivalent to buying a synthetic pair of shoes, crawling for 5 miles in really heavy traffic, so like 1st and 2nd gear, grim driving, or 2½ cheeseburgers. What I find interesting about that to me who is somebody who's an omnivore, who gets poorly when I don't have any meat, and I was vegetarian for a long time, but it wasn't very good for me. We all have different political beliefs, that's absolutely fine, but for me reducing food waste is a really simple actionable step that you can take if you have no ability, or desire to completely strip meat and dairy from your diet. If you can reduce food waste you will have a massive, massive impact on your carbon footprint. Also what that can do is it can be a much easier message if you've got other people in your household. Say if you are vegetarian or vegan and those people aren't and maybe if that's a point of tension, reducing food waste is a much easier message because it's not about taking something away, it's not about making life more boring. It's a way of just celebrating what you have, of learning that joy of being resourceful. So I think that's pretty cool.

I've just got another couple of stats about food waste. So again, we all love a bowl of rice, one of my kids will eat rice and soy sauce for dinner with nothing else if I let her. Shockingly, it takes 4 kilogrammes of carbon to grow a kilogramme of rice. So with this 40,000 tonnes of cooked rice that are wasted in the UK every single year. Well at 4 kilos of carbon for 1 kilo, we are putting into the atmosphere 160 kilos of wasted carbon dioxide for no reason. Just mostly because people are fearful about getting poorly from eating leftover rice whereas most of the world eats leftover rice. It's just a racist-based fear of food being weird and difficult.

The average UK family with children wastes £15 a week on their shopping bill. So it's again the small parts here and there that hopefully I can help you with. Right, we're going to start getting into the interactive bit now so now I'm going to show you a graph. There's a food campaign charity called Hubbub and they're amazing. At the beginning of lockdown their food lead commissioned Ipsos MORI to do a piece of research because they felt that there must be a change in attitudes about food waste. As you can hopefully see here, I apologise for the slightly low resolution of the caption on the side, that the behaviour change that Ipsos and Hubbub found over surveying a nationally representative sample of 2000 people was that over 50% of people were wasting less food because they were planning better. They were planning their meals more carefully. The 2nd most popular reason was 'I'm getting better at eating leftovers', and this is music to our ears. Obviously we don't know the exact causal relationship why, the why wasn't gathered. But I think it's probably fairly reasonable to say that anybody who isn't a massive foodie or isn't doing Food Policy at City University, had that slight slap in the face to say food is precious, food is actually scarce. We have lived in this way where because of the market and the way it's been shaped, we have been led to believe that we can have what we want when we want. We can have Christmas strawberries, whatever those are. We can have parsnips in August, and that's absolutely fine, we must be able to demand it. But that's not how it should work. We are lucky that food is abundant. But it's abundant because we're flying it in and because the system's just about work. So it doesn't seem like a massive leap of judgement to say that actually what happened with lockdown is that we all got this big reminder to say food is precious. So what we need to do is keep on with these new behaviours.

I have this lovely line drawing of a slightly smelly bottle of milk. I wonder if you could start popping into the chat box what feelings come to mind when you hear the words meal planning?

Lucy: If you just want to put them in the chat box and I'll read them out. Lesley says that she does it every week. Charlotte says it's fun. Anne-Marie says panic she doesn't plan. Teresa says being organised. Alison says dull. Claire says no time. Wendy says organisation. Claudia says she has no idea how to do it. But Lisa says it keeps her shopping bill down. So I think there's a real mix of emotions. For me I personally enjoy it but it does take time. You need to find the time and space. As Jodi says you need the space to store the stuff.

Ann: No, absolutely and I think that's a really nice representative sample of ideas because I know I have that idea around them as well. As somebody who's fairly recently found out that I have ADHD, for me I will meal plan for a bit, then I won't, and I go through this because consistency is a struggle for me. But I know that when I do meal plan and when I do make myself sit down on a Sunday evening or a Sunday afternoon, I try to make it something nice with music or watching something, that it's something that I try to turn into part of my week. A couple of people said organised and that is exactly it and that sense of panic and I think that's a really interesting word to me, because I can see both sides of the coin of that, because it can feel like 'oh my god where do I start? I don't know'. But to me not having that panic on Tuesday at 3 o'clock when I realise I've actually got to feed my kids, and I don't know what I'm going to feed them. I live in the countryside so that means I'm then going to have to drive to the shops, and then I obviously end up spending more money than I planned. It's not great. So it's something that I really do try to make part of my weekly routine, and I do have a good sense of what I have in the house. But as somebody who struggles with consistency, I know it's difficult. So I'm not perfect. But if you find a way that works for you, and it doesn't have to be that you plan out absolutely every single day. In fact, actually planning every single day isn't very helpful because then you can end up with almost too many leftovers if you plan 7 days a week because life rarely runs to plan. Like this year, it's just been a cakewalk hasn't it. So for me the best way that I do it is I made this meal planner for my website because it's something that I used to put in my bullet journal every single week. I realised it was insane to be actually drawing it out every week. This meal planner is going to be on your intranet so you don't have to go to my website, but you can if you want to. I always start with what needs eating. So again, if you can try to make it into a nice part of your week, have a cup of tea, or a gin and tonic, whatever is your poison and just pull out all those different things and that's what I try to start with. So I know I get my veg box on a Tuesday so by the end of the week I've got a few manky carrots leftover, but also I have things like this, like random Tupperware so when one of my kids decided she wasn't hungry for dinner so I end up with little random vegetables leftover. But by parcelling things out into types of food so I know what perishable foods have I got, what kind of proteins, is there meat, is there tofu, things like that. To me that actually takes away the overwhelm because then what I also do on my meal planner, again on your intranet, is I try to work out what's happening in the week, because that's a massive part of it, particularly as life again, very complicated at the moment. So for example next week I know that Thursday is going to be a long, stressful day with a load of appointments. I know my kids are going to their dads next weekend. So that's usually my weekend to eat up loads of leftovers when my kids aren't here. But I know that we're going to want a really nice tea on Wednesday night. So I can think through all those different kind of logistical things. So to me I think of this like fridge Tetris and I also have a box in my fridge that says 'Eat me first'. It's just a little reminder of what to get going on first. So I find that to be really helpful because then it's almost just like fitting the pieces together. So I can think if I know that Tuesday I'm going to need a really, really quick dinner and I also know that I've got some leftover roast chicken from Sunday, we can have noodles, and I've got some cabbage and we've got mushrooms. So I'm going to make a chicken chow mein. So it's that way of thinking. So I like the putting things together. What again I find really interesting about the work that Hubbub have now extended on and they've done a piece of work with Tesco about food waste. Again, they were really trying to speak to people who aren't middle class foodies. They wanted to speak to people of all different ages and backgrounds and family makeup. So it wasn't just families that they were speaking to and the biggest problem that people found was not having the right cooking skills. So I would say again if you're struggling, like one of you guys just said you wouldn't even know how to meal plan. Have a look at mine because

obviously it's amazing. But there are lots of people who just have meal plans or downloadables or even just start with my way of thinking what's happening in the week plus what leftovers do I have equals what meals am I going to make. You might feel something like we always like to have pizza on a Friday night and we always buy it from such and such a place or we always have takeaway or whatever it is, whatever it is that works for you. It's always that thing with overwhelm, it's always just start and take the 1 thing and make it easy for yourself. As I say maybe just plan 2 or 3 meals a week. Don't try to make dramatic change overnight because those changes are the ones that rarely stick. Also I know that I spend about £20 less a week on food when I plan properly. It just helps you to have less panic and less overwhelm because you're not rushing out, you know that you've done that groundwork for the week ahead and your weekend. So give it a shot.

Then my next question is when you hear the word leftovers, what feelings come to mind?

Lucy: Okay guys, so do you want to just pop your answers into the chat box? Claudia says yum. Oh, we've got a couple of yums coming in so that's a nice positive start to the responses. Lesley says happiness at not wasting money and food. Wendy says must be used up. Freya, leftover roast potatoes, lovely, easy, quick and easy stuff to use. So lots of like nice positive responses. I think I tend to agree. It's nice because I just think I can just chuck it in the microwave and have that for lunch tomorrow. But I think sometimes it can be a bit of worry that they're a bit of a sad alternative. My partner always like 'I don't want to eat that, we had that last night.' But I'm not of that mindset. Some great answers, Charlotte says thrift. James says random, like random meals I guess. Paul says I love leftovers. Gary says a cheeky treat.

Ann: So you are all a bunch of leftover lovers which is amazing. But I know when I when I worked at Kings, there were no decent alternatives for lunch apart from bringing your own in because Denmark Hill wasn't very developed then and sometimes the looks that I would get. It was like 10 years ago, it'd be like 'What is that?' and I'd say it was a bit of leftover pasta and there was some leftover soup so I just put them together and put some cheese on it so it will be fine'. I would get all the looks. So I'm really glad to hear that so many of you are positive about them. That's brilliant. But what I would just say is for a lot of people there is a sense that it is like second best but also there are worries and fears about leftovers. So if you do find that you are slightly concerned. So say like the milk which is ever so slightly cheesy in this picture. You can just do a little bit of research but most things basically if you're safe and well and a healthy human, you can cook them through. Obviously not with meat but even slightly cheesy milk you can make them into like the most amazing cheese scones. I don't know why it makes the best cheese scones. I do make good cheese scones. They go really nicely into pancakes, if it's a little bit sour, I wouldn't put it into rice pudding. But you can make really lovely milk bread things like that. So you know if you are trying to convince at home people into the joy of leftovers, well you're probably great evangelists for it anyway.

I think for some people with leftovers there can be a sense they are a bit grotty and a bit like 'What do you do with leftover bacon' type situation. It's a little bit grim. But for me I think it's just amazing. You've got a lovely flavour base there. Because Hubbub talks about it with meat so well, we're going to play a bit of fridge Tetris. I'm not actually going to cook because I'm quite clearly not in my kitchen because it's too cold. But I wonder if we could chat box this and we could think about some fridge Tetris ideas, and we could see if we can come up with some different ideas about what we could do with some common leftovers. So it is that time of year. It is pumpkin time of year, I did end up with a lot of pumpkins last year. But what would you guys do with your pumpkin. Are you going to have a Halloween pumpkin and what are you thinking about doing with the innards?

Lucy: Some great comments already so somebody said quiche, lots of people saying seeing soup, risotto, muffins, cake, pies, pasta, curry. Yes lots of pumpkin pie, roasting the pumpkin. Ann says she hates pumpkin. Yes loads of different brilliant answers, soup seems to be the most common one. Traybake with other leftovers. Soup and risotto. Yes, soup seems to be the most common one.

Ann: My favourite thing to do with leftover pumpkins is to make pumpkin scones, which are really, really nice and I can always send the recipe over to you guys if you want. They're really lovely with soup. I would say that a lot of the pumpkins that we buy in the UK for Halloween are I think are the more like Christmas trees. The super cheap ones aren't terribly delicious. So if you are really wanting to cook something delicious, like a nice pumpkin quiche, I would maybe go for not a carving one, maybe go for a pumpkin that's a little bit more foodie, a little bit less like an ornament personally. But yes I really love making pumpkin scones whenever I have a butternut squash or something like that because it gives a really lovely texture and consistency and pumpkin hummus as well is really good. With your pumpkin seeds you can roast them in the oven with a reasonable amount of oil at about 220°. They will take a while because you really want to cook them through because they are definitely good for your back teeth, but that's good we all probably need to exercise our jaws. Once they've finished cooking sprinkle over some crunchy sea salt and then ideally, if you have it, the spice mix Ras el hanout because it's got that really lovely Middle Eastern flavour but at the very least some smoked paprika and some cumin. Don't put the spice in first because it will burn but just when you hear the pumpkin seeds after about 20 minutes when you can hear them popping. Then just take them out, give them a stir and put them back in again until they're really lovely and brown. Then when you take them out of the oven then just sprinkle over a good amount of the spice mixture and just with the residual heat that's on the tray and the warmth from, I just use sunflower oil, that will cook the spice mix through so that it's just got that lovely warm flavour and they're really really delicious. You can if you are feeling very meta then even process those pumpkin seeds into being like a tahini which you can then stir into your pumpkin stew which I've done before which is really nice because I find pumpkin and butternut squash to be a bit too sweet sometimes. So having that really earthy nutty flavour to me is really lovely. Or just make like a pumpkin style hummus. If you've got little kids at home, I didn't eat hummus till I was like 23 I didn't know what it was, but you know, obviously all the babies love hummus. So, yes, you can have different fun like that. That's what I always like to do is think about what the ingredient is and what it's telling me it wants to do and those different flavours, so amazing. So I hope that was helpful. I'm literally sat in my sitting room with all these like random leftovers. So I've got here a little bowl I've got some green satsumas, half of which were just unbelievably sour. So we all stopped eating them and just some juiced lime. Do you know how to get as much juice as possible out of your citrus fruits and how to make best use of your citrus?

Lucy: I actually have no idea and I've never even seen a green satsuma before. Janet says warm them up and Lesley says warm them up in a microwave.

Ann: Or even what you can do without using a microwave, I know it's only 5 seconds, but if you don't have a microwave which I don't for various reasons, not because I think they're evil, I just don't quite have the counter space. You can just roll them like that, and particularly with limes and particularly if you're buying organic lemons or limes from somewhere like Riverford, they are more expensive. If you just roll them for a few seconds with the flat of your hand up and down on your kitchen countertop, you'll feel the segments start to give away a little bit and you'll get an awful lot more juice out of them. If you like your cocktails, things like that, then maybe just zest the lemons and limes before you juice them as well. So that you've got the ability to get that zest and that flavour off of them. But then what would you do if like me, you've got, I think I've got about 7 satsumas which I'm not sure if anybody is going to eat them. Anybody who's got kids I think is quite used to this thing where they want the same, they want the same, they want the same then they look at you and go, 'I don't like that. Why did you say I like that? I don't like that'. What would people do if they had a whole load of citrus fruit leftover that was threatening to just go off, one each day for a week?

Lucy: Good question, Alison says that she would juice them with something else. Lesley says poach the fruit in syrup. Claire would juice them as well. Lisa would make them into ice lollies. Someone's still feeling summery apparently even though we've had thunder and lightning. Fruit crumble, that's a bit more seasonal for this time of year isn't it. Charlotte says cordial, she's made some this year. I know that she bought a SodaStream recently actually, so that's probably why. Smoothies. Marmalade from Ann, that's a good one.

Ann: Excellent and what I love about all these different ideas is that it's about thinking about what is this thing, this is a citrus fruit so I can make a different type of marmalade or I can make a different kind of juice. I can make something that works for me. If I've got kids, they always like ice lollies, so we can have satsuma ice lollies rather than having you know the same old same old. One of my favourite recipes that I found in a food waste cookbook that I changed and was then able to reproduce on my website. Again, I can send all these through to Lucy, is to make a shrub. Obviously I can't ask you direct questions so I'm just going to presume you don't know what a shrub is. It's like a drinking vinegar is how I first heard them described. So you're quite engaged foodie people. But it's like a grown up squash basically. What I tend to do is just have a big Kilner jar going spare and then I'll put in my citrus hearts into there and you can keep it like one variety. Like often I'll have a lemon one on the go or you can just do it mixed. You just put them all in, put all your citrus hearts in, cover them with white vinegar like the cheap stuff that you get at the supermarket. I think it's 55p in a recyclable glass bottle from Sainsbury's. So just make sure that the citrus hearts are completely submerged. Then I do have glass weights, so you would need to weight it down just to make sure that obviously the citrus hearts can't escape out over the rim of the vinegar and then obviously mould. Then after 2 weeks you strain out the citrus from the vinegar, bring the vinegar up to the boil. Don't put your head in the pan like this idiot. Mix in a good amount of sugar to taste. Again, it's a very personal thing so you just keep slowly stirring in the caster sugar. What you'll end up with is a really, really lovely sweet and sour shrub. So you can use them to just dress a salad with. I was at a friend's lunch recently where an elderflower and black lime, because they're real food chefs, shrub was just drizzled on top of a seafood dish. But I've made for my dad a lemon and ginger. What was really lovely I made last winter a tangerine and rosemary shrub and particularly if you're trying to drink less, or if you've just got people around you, like when we used to have people around. Anyway, if you're trying to drink less, and I know my kids actually enjoy it as well so it's quite a cheap way to make a squash, it's just 55p worth of drinking vinegar, probably the equivalent of 20p worth of sugar and some leftover citrus hearts is really lovely. I will send that recipe it's more like a technique. Again that's what I like to try to do is give people techniques that they can just adapt. Like making a flapjack you can shove any old thing in there as long as you get the ratio correct.

Lucy: Charlotte has asked a quick question. She said is the citrus heart the bit that's left over once you've squeezed the juice. Yes okay, thank you, no one's ever heard of this and then we're all googling away I think.

Ann: Excellent. I will send the recipe over, it's so cheap and it is so delicious and it's absolutely a waste product but again if you're on a budget, and I had this one year when I was quite skint. If you've got a nice old glass bottle and you pour in your shrub and you put a little ribbon around it, put in some cheese crackers or something as well, that's a really lovely little gift that you can give to somebody. For many of us money is going to be tight and interesting coming up to Christmas, there can be some really nice ways that you can actually start to think about making some edible presents that really actually are cheaper than buying some things because sometimes it isn't. Things that say they're going to be cheaper than buying a cheap present, you know, then require you to spend like £20 quid on Valrhona chocolate and stuff. So yes. Then what about things like if you've got like half an apple just leftover sitting in the fridge. I know my favourite way which somebody told me to do with half an apple. But is this the sort of thing that people would just like, if you found it sitting there on the counter that's been there for a day and not been put in the fridge by your errant child, would you guys like chuck it or how would you use up something so small? Would you think it's worth using up something so small?

Lucy: Lesley says that she was put out for the birds. Freya says her mum would eat it. Eleanor would grate it into overnight oats. Julia, this is what I would do as well, slice it up and dip it in Nutella or peanut butter. Ann says that she would just eat it. Charlotte says get a slice of cheese and enjoy it. I am willing to eat half an apple but I have caught my partner putting half a banana in the bin before and I was furious. So he's learnt his lesson now but there are clearly people out there that would just chuck it.

Ann: I think sometimes there are concerns about hygiene, if it's gone brown is it bad and things like that. I think it can be really challenging to some people. I was taught by a chef who loves soups. Henrietta Clancy, she's written an amazing cookbook that's all about soup and it's got some of the most amazing soups in it. As anybody who is a thrifty cook knows, soup is one of the best things that you can have in your repertoire. But she likes to put half or a quarter of an apple just into a soup if she thinks it's threatening to go a little bit sweet. Because although apple is sweet, it's also quite sharp and it's quite acidic. So that's one of her favourite things to do with apple, particularly if it's a bit fluffy, if it's been abandoned with like 4 bites around it because she's got a toddler. So that can be a really handy way of just chunking through those leftovers. Then I think my final one would just be things like boring things like mashed potato. Would you ever want to do anything creative with that? Or would you just be quite happy that that's like leftover and ready to go for another dinner?

Lucy: Good question. Yes so Ann said the same thing that I thought immediately was potato cakes. Sarah freezes her mash. Charlotte says cheese and potato pie. A couple of people said fishcakes, pop it in soup or stew to thicken, add a bit of cabbage for colcannon, mash and cheese toasties. Wow, I've never heard of that before.

Ann: So is that like mashed potato and like cheddar in bread?

Lucy: It sounds like it doesn't it. You can put anything in a toastie right. We've got bubble and squeak, potato scones. Lorraine says that the cheese and mash toastie is a lush so I think we will have to give that one a go.

Ann: I've got 3 really gross spring onions in the bottom of my fridge as well. So I'm thinking that would just be perfect.

Lucy: Charlotte says that her partner is partial to a mashed potato sandwich.

Ann: You see when I did my first job, it was washing up in a brasserie kitchen and that's what I would basically eat the whole day, it was just champ, scooped it out with the ends of baguettes. It was amazing. I think I was the size of a house. But yes absolutely things like mash are so great. You guys are all super confident cooks. Sometimes I talk to people who just look at me like 'I don't know, I put it in the bin' because there's worries about the butter going off, or the milk going off or reheating that and could there be a worry. I think it's good that we're all educated about food hygiene but for some people there is such an intense fear and anxiety understandably about making their families unwell. But that can be a massive barrier to helping people overcome food waste problems, because there's just this huge fear. But now basically I know about cheese and mashed potato toasties my life has basically been changed and you can roll me down the hill into my car. I'm genuinely excited about that. What I hope we've been able to talk about is, I can tell that you're quite confident cooks, but really why it matters in terms of food waste, and that it does make such a huge impact into your carbon footprint or however you want to think about it. However it makes sense to you. If it is half a bag of salad, there are different ways again, stuff on my website. One of my most popular recipes is one where I turn salad packs into pesto because it doesn't need to be lovely basil leaves you can just use salad leaves because they're just mini baby leaves aren't they. It doesn't have to be basil. So I think it's doing what you guys are obviously already doing, really thinking about that ingredient, what does it do well. You can use citrus fruit, you can make mashed potato into something, anything that's lovely and warm and creamy. I can use my half an apple, it's just a nice snack. It just stops me from needing to have something else. So you're all obviously doing the right things. I think just find a system for how it's going to work for you. For me working like week to week, I like to sit with a paper meal planner, because I find that I like that ritual. But in terms of having an idea of what's in my cupboards, I tend to actually have that as an electronic because I'm freelance, I use a Trello board just because then I can keep a track of how many tins of tomatoes and because of lockdown I try to keep a bit of food in the house because I'm the only adult. So how many tins of tuna have I got, how much random black rice have I got, things like that. Just so that I don't end up with actually some grains or pulses that can also go out of date and not be very good. There are some really great apps

out there, there's Kozo which can be really good for meal planning, have a look at that and that could be a really fun way to work on your meals. But it's about working with you with your rhythms. If you're totally new to meal planning just plan a couple of meals a week and that might make a big enough difference to your food waste that that's just enough. Or it might be that then you start to actually plan out 5 or 6 meals a week, always leave some blank space for things to go wrong. For 1 meal you cooked it and then for whatever reason it didn't get eaten. So there's still that white space for that to get eaten up. But it is one of the single most impactful things that you can do. Just keep doing what you're doing. Just make small increments. But anyway, thank you so much for being so engaged and for sharing your feelings, sharing your ideas. I'm really, really grateful. I hope it's been helpful. I've been really looking forward to this ages. So thank you so much for having me.

Lucy: Thanks Ann, I think that was really interesting. We've had some great discussion in the chat and it sounds like it's all about finding what works for you. So like you said just meal planning a few meals to begin with if you can, or using a paper meal planner if you need to. I just use Notes on my phone. Then I have a list of like 30 meals, and then I just pick 5 at random and decide we're eating these 5 this week because then it's quick and easy and it's about thinking outside the box with what you've got left over isn't it. I don't know if anyone's got any questions for Ann, we've just got a couple of minutes. If anyone's got any you're welcome to pop them in the chat box. One question that I've got Ann because I've heard a little bit about this in the past is have you've got any recommendations for ways to share excess food. So you know if your freezer is already full, and you've made too much lasagne, is there a way of sharing it?

Ann: Yes, of course, so I think the easiest way particularly if you live in a bigger area like you guys do is the food waste sharing app Olio, it's amazing. Olio is a really great system. It's peer to peer sharing and I've seen people put on there like half a bag of rosemary from the supermarket or things like that, so it can absolutely be home cooked food, it can be half finished food, if you know that you're going to go and visit somebody for weekend, or for whatever reason, you can't finish something right now. You can shove it up on Olio and they do find that it's people in need who tend to request food when they've done audience surveys. So it's a really, really lovely way of actually helping people in your community who might not be able to access fresh food through no fault of their own. It's a really nice way of sharing that wealth. I think just sometimes through local Facebook groups as well if you've got them, if they're nice ones, can be really helpful.

Lucy: Somebody in the chat has just asked about somebody mentioned the pumpkin brownie recipe. If that was you can you put the link to it in the chat because everybody really wants it.

Ann: I mentioned Pumpkin scones is a recipe that I've made quite a lot, which I can absolutely send over. But I haven't made pumpkin brownies.

Lucy: Everyone's been talking about pumpkins, it seems to be the most popular thing. So I think we'll draw the session to a close and we've just got a quick one minute video to say thank you to everybody for coming to the day. So thank you very much for joining us Ann.

Ann: Thank you so much for having me and have a lovely evening you guys. Thank you.

Lucy: You too Ann. Right guys if you want to just stick around we've just got a video that's 1 minute long just to say thank you for attending today.