

# Waste Week

## Waste tips for the home

Homes around the country generate a staggering 31m tonnes of waste every year<sup>1</sup>. Do your bit to help the planet with our handy tips for reducing the amount of waste your family produces – and you could save some money too!

### Reduce

- Don't be tempted by 'Buy One, Get One Free' unless you know you'll definitely use the extra goods...
- ...But when you will definitely use an item, buy in a larger size and opt for concentrated products, which go further.
- Don't buy lots of different cleaning products; buy a microfibre cloth instead. Or try some old-fashioned techniques (like bicarbonate of soda or vinegar) that really work!
- Reduce the amount of dinner ending up in the bin by involving any fussy eaters in the planning and making of each dish; why not share the cooking with mini *Masterchef* evenings?
- Say no to junk mail by registering with the Mail Preference Service or opting out of marketing via post.

### Reuse

- When you're shopping, take your own bags and remember: a cotton tote will last a lot longer than a 'bag for life'.
- Don't buy packaged fruit and veg; buy loose or remember

small plastic bags for packing your own fruit and veg instead.

- Use lunchboxes for packed lunches instead of clingfilm and foil.
- Reuse paper – print on both sides or use scrap paper (old envelopes, single-side printouts etc) for kids' artwork.
- Old water bottles aren't just for refilling with tap water; cut in half to protect new veg in the garden or fill with seeds for the birds.

### Recycle

- Do you know what day your recycling collection is? Mark it in the calendar and visit [www.recyclenow.com](http://www.recyclenow.com) to find out where your local recycling centres are for items that aren't collected kerbside.
- Invest in a sewing machine – old clothes or curtains can be recycled into kids' fancy dress, cushion covers or bunting.
- More than 30% of a household bin can be composted at home<sup>2</sup> – and not just mouldy bananas or carrot peelings, but things like used tea bags, even human hair!
- Unwanted household goods can be passed onto charity shops, libraries (books, toys, videos, DVDs), surgeries (magazines and books), nurseries/schools (toys and art materials), and online schemes like Freecycle.
- Collect old clothes, shoes and unwanted textiles for the Pod's new **Science into Schools** initiative, which your school can exchange for free science kits and equipment!

**Take me home and stick me near the bin to remind everyone to think before they chuck away any rubbish!**

**DON'T FORGET**  
Have you undertaken your waste inspection yet? Download the take it home worksheet to become a Waste Inspector and report on any items that your family should be recycling rather than throwing in the bin.



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## Leftover Lunches

Put leftovers, old fruit and tired-looking vegetables to good use with one of these tasty recipes



### Sunday dinner soup

*Thanks to Lee Coppleson  
from Keep Britain Tidy*

Turn leftover veg from the Sunday roast into a tasty weekday lunch.

#### Ingredients:

- Leftover veg
  - ½ pint of stock (+/- depending on amount of veg)
  - ½ tsp mixed herbs
  - 1 tbsp houmous (this is the MAGIC ingredient that both thickens the soup and adds flavour)
1. Place the chopped, cooked veg in a blender and cover with stock. Add the mixed herbs and houmous.
  2. Blend the mixture until smooth.
  3. Add more stock for a thinner soup, and a dash of cream or wine for a richer flavour.
  4. Season and simmer gently until hot. Serve with croutons or grated cheese.

### Spaghetti frittata

*Thanks to Alice Kay  
from Eco-Schools*

Make a tasty meal from leftover spaghetti – or why not try leftover sliced potatoes, rice or sausages?

#### Ingredients:

- 200g cooked spaghetti
- 2 tbsp oil
- 1 large onion, finely chopped
- 4 rashers of bacon, chopped
- 5 eggs
- 100g parmesan, grated
- 100g of frozen peas (defrosted)
- 2 tbsp pesto
- 4 tbsp double cream

1. Preheat the oven to 180°C / 350°F / gas mark 4.
2. In a large, ovenproof frying pan heat 1 tbsp of oil and fry the onions until soft. Add the bacon and stir.
3. In a separate bowl, beat the eggs then mix in the pesto, cream, peas, and cheese.
4. Pour some boiling water over the leftover spaghetti. Drain, then add to the egg mixture.
5. Mix in the bacon and onion.
6. Season, then heat 1 tbsp of oil in the frying pan and pour in the mixture, so it's evenly spread.
7. Fry over a medium heat for 2-3 minutes.
8. Put the frying pan in the oven for 20 mins until the frittata has set and is golden on top.



### Banana cake

*Thanks to Claire Coulston  
from the Pod*

Turn old bananas into a tasty cake!

#### Ingredients:

- 125g butter or margarine
  - 125g soft brown sugar
  - 2 eggs
  - 125g wholemeal flour
  - 2 tsp baking powder
  - 2 ripe bananas, mashed
1. Cream the butter and sugar together and beat in the eggs.
  2. Add the flour and baking powder; fold in the bananas.
  3. Put into a greased tin and bake at 190°C / 375°F / gas mark 5 for 20-25 mins until spongy.

**Got any leftover apples?  
Leave them out for the birds!**