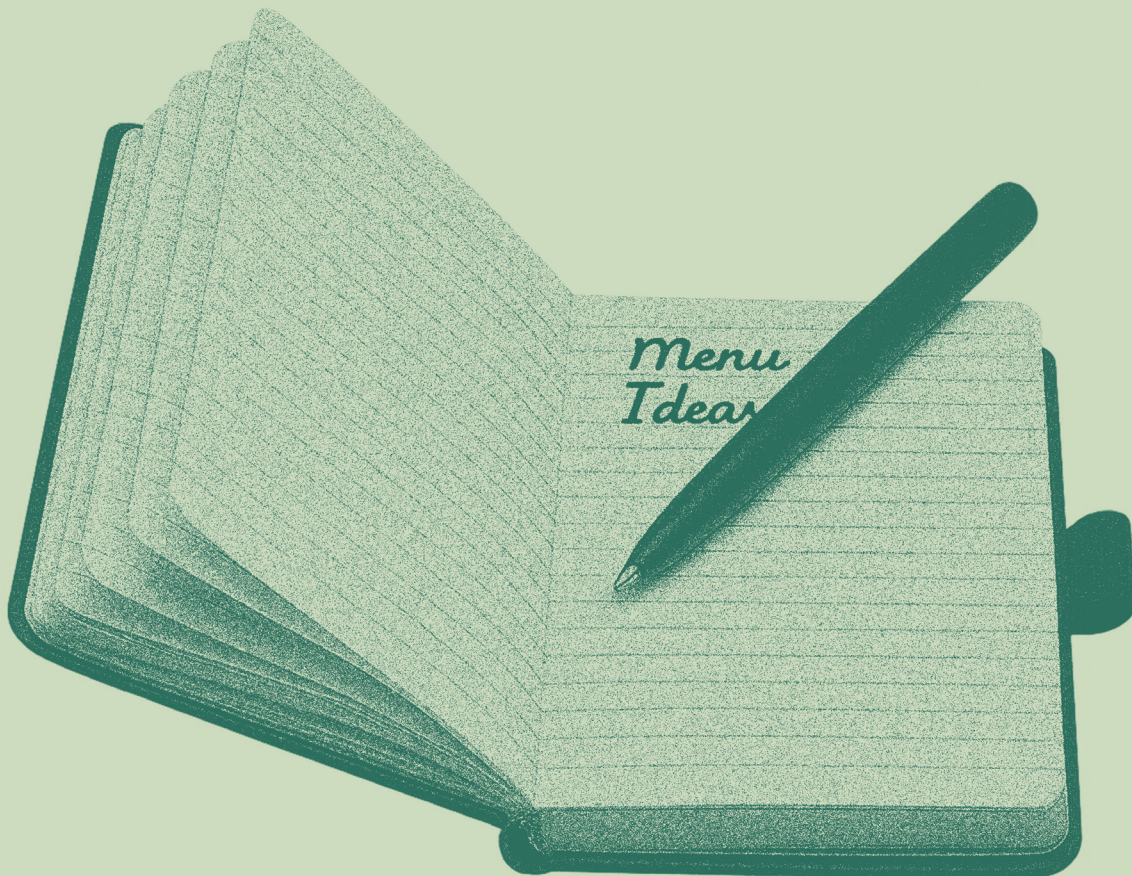


MENU DESIGN.

Designing your menu with food waste in mind is one of the most effective ways to reduce food waste.



HOT TIPS

- Salad or Chips – not both!
- Save trim in the freezer for the right time.
- You pay for the whole ingredient, use it up!

DESIGN WASTE OUT.

When creating new dishes, consider what will be left over from each ingredient.

- How might you use the herb stalks and cauliflower stems?
- Trim can add punch to other dishes.
- Here's an idea, could you preserve or powder the leaves of your spring onions?

TRIM YOUR WASTE LINE.

- Trim from fruit, vegetables, fish and meat can be easily stored and accumulated in the freezer, and when you have enough, it can be used to make unique dishes.
- Fish and meat trim gives depth to soups and stocks, and fruit and vegetables trim can also be used for preserves or powders.
- If you have a gas stove, the pan rack is a good spot to dehydrate if you are short on bench space.



SIDE SELECTIONS.

Sides, garnishes and condiments are commonly wasted. For example: giving guests a choice of sides, e.g. salad or chips, can reduce how much comes back on the plate.

MENU DESCRIPTIONS.

Write menus so they're flexible but still clear - use broad terms for dishes that might change (like 'seasonal pesto'), but be specific about what's always included (like 'burger comes with fries or salad').



THE WONDER OF SPECIALS.

Specials are a great way to create delicious dishes to use up surplus ingredients. Combine this with seasonal produce by talking to your suppliers about gluts or overstocked items - they often come at a lower cost and reduce waste.

