

Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your dairy products.

Dairy

Top tips

Store your dairy products in the fridge; keeping your fridge at a cool 1-5 degrees will keep them fresher for longer.

Keep an eye on 'use-by' dates. Milk, yoghurt, cheese and butter can all be frozen for later.

Grate hard cheeses before freezing to use straight from the freezer on pizzas, omelettes and pasta bakes.

Don't throw away slightly sour milk; it will make great scones and pancakes.

Lovely leftovers

Leftover yoghurt tastes great on cereal and added to smoothies.

Add cream that needs using up to curries, and use up crème fraiche in pasta sauces.

Did you know?

Leftover cream can be frozen, just whip it first!

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com

