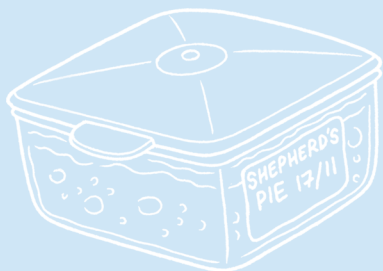


Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

Using the freezer more can help save time, money and effort so here are a few top tips for using the freezer – remember, it's just a colder cupboard!



Freezer

Top tips

When shopping buy a combination of frozen and fresh foods for convenience and check to see if fresh foods can be frozen for later. Foods with use-by dates can be frozen right up to the end of that date.

When cooking save time by doubling up on family favourites such as lasagne, bolognese sauces and curries; eat one for dinner and freeze one for later.

Successful freezing

Keep a freezer list; note down items as you put them in the freezer and cross them off as you take them out.

There are lots of ways to save space in your freezer. Use the smallest possible containers, freeze liquids in bags (freeze them flat first) and remove any unnecessary packaging (cut out cooking instructions).

Label containers and bags with their contents and the date that you freeze them. Seal well and exclude air to prevent freezer burn.

Did you know?

Most things can be frozen, including tomatoes. Freeze them whole and use straight from the freezer to make tasty pasta sauces.

For handy tips and recipes to help reduce food waste, visit [lovefoodhatewaste.com](https://www.lovefoodhatewaste.com)

