



UNIVERSITY
OF ABERDEEN



Rowett Institute
of Nutrition and Health



What can I do to reduce my food miles?

Here are some really simple ideas to help reduce your food miles and save some cash.

TOP TIPS

Buy your fruit and veg loose. Will you really use 10 apples or 2kg of potatoes? Pick what you need, it'll cost less and avoid binning the rest.

Use by and best before explained

'Use by': Never eat products after this date, and follow the storage instructions. However, check to see if the food can be frozen if you need to eat it at a later date. 'Best before': These dates refer to quality rather than food safety. Foods with a best before date should be safe to eat after the 'best before' date, but they may no longer be at their best. One exception is eggs - never eat eggs after the 'best before' date.

If you enjoy hot buttered toast, keep a ready sliced loaf in the freezer which can go straight into the toaster when you want a piece.

TOP SITES

www.lovefoodhatewaste.com - great site packed with information
www.storingandfreezing.co.uk - make friends with your freezer

*Try to buy foods which are in season
In July and August these are*

Aubergines
Blackberries
Blackcurrants
Beans (Broad, Runner)
Beetroot
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Courgettes
Cucumber
Gooseberries
Lettuce
Mushrooms
Onions (Red & Salad)
Peas
Potatoes
Raspberries
Rhubarb
Strawberries
Shallots
Tomatoes

Going cheap? Buy extra, cut into florets and blanche for 2mins. Cool quickly in cold water. Bag up and freeze

Perfect for caulley and cheese, veggie curry or soup

Got too many? These freeze well. Lay them on a baking tray and freeze. When frozen put into bags.

Good for purees, pavlovas or just with ice-cream

You could try out local farm shops and markets

So where are they?

Here are some in NE Scotland...



Hattoncrook Deli: Whiterashes Aberdeenshire AB21 0QQ

Sells: Bread/bakery, cheese, home-cooked dishes, meats, preserves

The Store: Foveran, Newburgh, Ellon, Aberdeenshire. AB41 6AY

Sells: Meat, fish, deli products, vegetables, cheeses, breads and home bakes, wines and chocolate

Castleton Farm Shop: Fordoun, Laurencekirk, Aberdeenshire AB30 1JX

Sells: Meat, poultry, dairy products, breads, eggs and honey

Farmers Markets occur every month

1st Saturday: Stonehaven Farmers Market - Market Square
2nd Saturday: Inverurie Farmers Market - Market Square
3rd Saturday: Banchory Farmers Market - Skinners Corner