

Food Diary Challenge

**Fyne Futures, 81-89 Victoria Street, Rothesay,
Isle of Bute, PA20 0AP**

Welcome

Thank you for taking up the food diary challenge! This diary is designed to help you think about where your food comes from, recognize how this impacts on Bute and gives you examples on how you can reduce your food waste.

The challenge is to record where you buy your food and show us that your leftovers are being put to good use. If you can demonstrate the greatest change in your buying and food waste habits then you will win £40 vouchers from our local food suppliers.

If you are used to buying meat from a supermarket that has been brought onto the island, buying from a butcher is a far better alternative. Doing so supports the local economy, and the meat is often reared on local farms. This means that by the time you purchase the product it has travelled a shorter distance and is also of a superior quality.

The same is true of fruit and vegetables; when grown and picked straight from the ground they are freshest, crispest and full of flavor. Many herbs and fruits are commonly found growing in the wild and more commonly now groups are growing vegetable crops in community spaces that you can use in your cooking.

So when you do your weekly shop, take a moment and think what you could get from a more local source. Record in this diary your buying habits and your plans to reduce your food waste.

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Day 1 Questionnaire

As part of the diary, we ask you to complete some questions before the three weeks begin, to keep a record as they go, and complete some questions when the three weeks are over.

1. Roughly how much do you spend per week on food in the following places
 - Local Supermarket..... £
 - Off-island supermarket..... £
 - Local Butcher..... £
 - Local Baker..... £
 - Local Fishmonger..... £
2. Can you identify which foods are seasonal? **Yes/No**
3. Do you consider where your food comes from when you buy it? **Yes/No**
4. Do you reuse your leftovers from previous meals in your cooking? **Yes/No**
5. Do you currently dispose of biodegradable waste via compost? **Yes/No**



“Each year the UK bins over £13bn worth of food that could have been eaten.”

Source: Wrap, 2017

Food Diary Challenge

Over the next 3 weeks, please keep a daily record in the table below of where the food you use comes from and if any food waste is reused or composted.

| WEEK 1 | Where did the food you used today come from? | | | | | | | Did you reuse any leftovers in making today's meals? | Did you compost any food waste today? |
|-----------|--|-------------------|---------------|-------------|------------------|--------------|------------|--|---------------------------------------|
| | Off-Island | Local Supermarket | Local Butcher | Local Baker | Local Fishmonger | Local Grocer | Home Grown | | |
| Monday | | | | | | | | Yes/No | Yes/No |
| Tuesday | | | | | | | | Yes/No | Yes/No |
| Wednesday | | | | | | | | Yes/No | Yes/No |
| Thursday | | | | | | | | Yes/No | Yes/No |
| Friday | | | | | | | | Yes/No | Yes/No |
| Saturday | | | | | | | | Yes/No | Yes/No |
| Sunday | | | | | | | | Yes/No | Yes/No |

| WEEK 2 | Where did the food you used today come from? | | | | | | | Did you reuse any leftovers in making today's meals? | Did you compost any food waste today? |
|-----------|--|-------------------|---------------|-------------|------------------|--------------|------------|--|---------------------------------------|
| | Off-Island | Local Supermarket | Local Butcher | Local Baker | Local Fishmonger | Local Grocer | Home Grown | | |
| Monday | | | | | | | | Yes/No | Yes/No |
| Tuesday | | | | | | | | Yes/No | Yes/No |
| Wednesday | | | | | | | | Yes/No | Yes/No |
| Thursday | | | | | | | | Yes/No | Yes/No |
| Friday | | | | | | | | Yes/No | Yes/No |
| Saturday | | | | | | | | Yes/No | Yes/No |
| Sunday | | | | | | | | Yes/No | Yes/No |

| WEEK 3 | Where did the food you used today come from? | | | | | | | Did you reuse any leftovers in making today's meals? | Did you compost any food waste today? |
|-----------|--|-------------------|---------------|-------------|------------------|--------------|------------|--|---------------------------------------|
| | Off-Island | Local Supermarket | Local Butcher | Local Baker | Local Fishmonger | Local Grocer | Home Grown | | |
| Monday | | | | | | | | Yes/No | Yes/No |
| Tuesday | | | | | | | | Yes/No | Yes/No |
| Wednesday | | | | | | | | Yes/No | Yes/No |
| Thursday | | | | | | | | Yes/No | Yes/No |
| Friday | | | | | | | | Yes/No | Yes/No |
| Saturday | | | | | | | | Yes/No | Yes/No |
| Sunday | | | | | | | | Yes/No | Yes/No |

Example Leftover Recipe

PEANUT BUTTER AND BANANA FLAPJACKS

45 - 60 mins

Serves 12

These energy bars are great for using up any nuts or dried fruit you have in the back of your cupboard; desiccated coconut, chocolate chips, or anything else you fancy! For an easy vegan alternative, swap out the butter and honey for vegetable spread and maple syrup.

INGREDIENTS

3 ripe bananas, mashed

200g oats

Large handful of dried fruit, nuts or seeds, roughly chopped

2 tbsp smooth peanut butter (almond or cashew butter would work too)

2 tbsp honey

1 tsp cinnamon

2 tbsp butter

A good pinch of salt

INSTRUCTIONS

Preheat the oven to 180C/160C fan and line a baking tray with greaseproof paper.

Melt the butter, peanut butter, honey, cinnamon and salt together in the microwave, stirring occasionally until the butter has fully melted.

Mix together the oats, banana, dried fruit and nuts in a large bowl. Add the melted butter mixture and stir until well combined.

Transfer the mixture to the baking tray, pressing down so it fills the corners and makes an even layer.

Bake for around 30-40 minutes, until the top starts to turn golden brown.

Cool slightly in the tin, then turn out onto a cooling rack and allow to cool completely.

Slice into squares and enjoy with a cup of tea!



Food Waste Facts

Saving food saves money, and reducing the amount of food that ends up in the bin also reduces unnecessary packaging waste. A few small changes can be a lot simpler than you think, and a family of four could save as much as £70 a month! Fruit and vegetables are some of the things which are wasted most often, and yet they are very easy to find a second use for.

BEST PRACTICE FOR LONGEST LIFE

Fruit & Veggie STORAGE GUIDE

Keep your food fresher, longer.



| WHERE | WHAT | HOW |
|--------------------------|------|--|
| REFRIGERATOR | | <ul style="list-style-type: none">• Set your fridge to 40 degrees or below.• Store veggies separately from fruit.• Use plastic bags and containers to prevent drying out.• Wash berries and grapes when ready to eat. |
| COUNTER AND REFRIGERATOR | | <ul style="list-style-type: none">• Ripen on the counter.• When ripe, store in refrigerator.• Separate ripe from unripe fruit. |
| COUNTER | | <ul style="list-style-type: none">• Store herbs like basil upright, with cut stems in a cup of water, like flowers.• Separate bananas from the bunch and store. |
| PANTRY | | <ul style="list-style-type: none">• Store in a cold, dark place like a cupboard or pantry.• Store potatoes separately from onions to prevent sprouting.• Store an apple with potatoes to prevent sprouting. |

5 great ideas for reducing food waste

1. Save washed carrot peels for baking into carrot cakes. Stash a bag in the freezer just for peels alone, and when you have about 1 1/2 cups turn them into dessert.
2. Use up leftover or loose veggies in a frittata. Have just one or two broccoli florets bouncing in the crisper? Or leftover peas from last night's dinner? Use those veggies to make a frittata instead of forgetting about them before they go bad.
3. Turn beet greens into pesto. Or carrot tops. Or radish greens. There's almost nothing that can't be turned into pesto.
4. Slice up broccoli stems for a stir fry. Some would say stems are even better than florets.
5. Turn potato peels into chips. Sweet potato, regular potato, all of them work well.

Final Day Questionnaire


BY AUTHOR NAME

Having spent the time looking at your shopping and food waste habits we hope you have had a chance to think about where it comes from and how you can reduce waste by reusing leftovers in your cooking. We ask that you complete this final questionnaire before returning the diary to us.

1. Roughly how much did you spend per week in the last three weeks on food in the following places
 - Local Supermarket..... £
 - Off-island supermarket..... £
 - Local Butcher..... £
 - Local Baker..... £
 - Local Fishmonger..... £
2. If you didn't previously compost your food waste, is this something you would take up in the future? **Yes/No**
OR
If you did previously compost your food waste, has the volume of waste gone... **Up/Down/Remained the same**
3. Has the amount of leftovers you use in your cooking changed in the last three weeks?
Increased/Decreased/Stayed the same
4. How likely are you to buy from a local supplier in the future?
More likely/Less likely/Just as likely



Don't forget! Complete your name and address on the final page, and return your diary to the address on the back page for your chance to win the vouchers.



Don't forget! Complete your name and address, and return the diary to the address below. Winner will be announced in the last week of August.

Fyne Futures

ADDRESS

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01700 503181

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We're on the Web!

Visit us at:

<http://www.fynefutures.org.uk/>

Fyne Futures

Your Name and Address

NAME

ADDRESS

PHONE:

E-MAIL: