

# Further Food Waste Tips

## For Poster 3

Use Cooked, left over veg as soon as possible, preferably within 2 days if kept cool:

- 1. Bubble and Squeak:** chop up and fry in oil or fat
2. Add to **soup** (blend if preferred) or put in a **stew**. These can be consumed immediately or cooled and frozen.
3. Chop up or mash to make **veggie burgers**, use a little beaten egg and flour if needed to bind, then fry on both sides until cooked