

# Further Food Waste Tips

## For Poster 5

There is a great deal of goodness discarded when peelings are thrown away as they are often unnecessarily thick, wasting much of the vegetable.

Peelings can be **a)** given to pets, **b)** boiled and blended for a soup or strained for stock both of which can be frozen if not needed immediately or **c)** finely pared, clean peelings can be spread out on a roasting tray, lightly drizzled with oil, a little salt, pepper and dried herbs to taste and oven baked while also cooking something else. Keep an eye on them so they don't burn.