

# How to Avoid Food Waste- Food Preparation

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LOVE  
FOOD  
hate waste



IT IS ESTIMATED THAT AROUND 45% OF ALL FOOD WASTED IN HOSPITALITY IS DURING PREPARATION<sup>1</sup>.

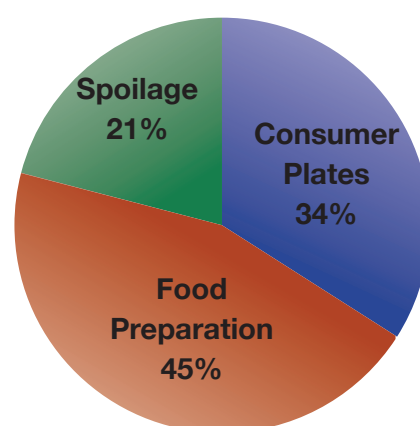
This means there is big savings to be made in your business if you can avoid wasting food by identifying opportunities during the food preparation stage.

## Food wasted, is money in the bin

There are various strategies to avoid food wastage during preparation, this includes;

1. Being strategic when planning your menu. Use all the elements of each ingredient across various dishes, this will reduce wasted food and save your business money.
2. Establishing a procedure to assist your business to forecast patronage. This could be as simple as tracking and recording customer numbers in a diary. You may find patterns in your patronage that are affected by holidays, local events or the weather. This process will help better inform how much food is required for each service and allow you to better plan while ordering produce.
3. Enhancing the skills of management and kitchen staff to encourage potential wasted ingredients to be used more creatively and integrated back onto the menu.
4. Establishing ordering processes to ensure that the existing stock is checked prior to making new orders to reduce over supply.

## Food waste in the hospitality industry<sup>1</sup>



<sup>1</sup>Waste & Resources Action Programme (2013). Overview of Waste in the UK Hospitality and Food Service Sector. Online accessed 15th April 2015. <http://www.wrap.org.uk/content/overview-waste-hospitality-and-food-service-sector>



## Other Tips to Reduce Food Waste During Preparation

- Incorporate slow cooking techniques to use off-cuts.
- Use the same ingredients in more than one dish across the menu.
- Encourage creative flair in the kitchen to design new meals based on off-cuts and left-overs.
- Analyse all your food waste to determine how these ingredients can be used on your menu.
- Reward your staff who take action to reduce food waste, ensure their efforts are recognised and acknowledged.
- Adopt techniques such as pickling or confit to use abundant ingredients.
- Offer staff meals to help utilise left over-ingredients.
- Offer 'specials' on the menu to help use up excess ingredients.

If your business is ready to commit to reducing food waste, become a Love Food Hate Waste Business Partner by visiting the website

[www.lovefoodhate.nsw.gov.au](http://www.lovefoodhate.nsw.gov.au)

To access other resources and fact sheets on food waste avoidance for the hospitality industry visit

Hunter Councils Environment Division

[www.hccrems.com.au/waste](http://www.hccrems.com.au/waste)

[hccrems@huntercouncils.com.au](mailto:hccrems@huntercouncils.com.au)

This fact sheet has been produced as a series that includes;

1. How to conduct a food waste audit
2. How to avoid food waste - food preparation
3. How to avoid food waste - spoilage
4. How to avoid food waste - customer plates
5. How to manage excess or unavoidable food waste.

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