



FOOD WASTE POTATOES

4.4 million potatoes are wasted everyday!
This is the equivalent of wasting 50% of all potatoes bought.



Potatoes are very versatile yet we throw loads away

Potatoes can be a filler in dishes like chilli and bolognese - chop or grate them into a dish to bulk it up



A lot of nutrition is in the skin

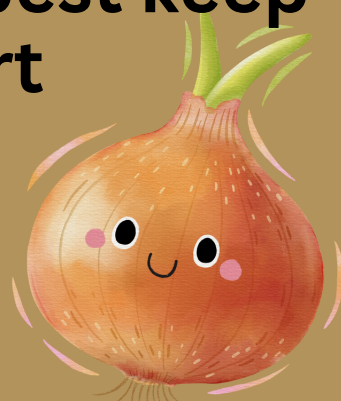
Wash but don't peel to make sure you are eating the fibre content

You can bake the peelings to make your own crisps too



Don't store potatoes with onions!
Onions produce a gas which makes potatoes ripen faster.

Potatoes aren't so good for onions either so best keep them apart



Too much mash?
You can safely freeze mashed potatoes for another day

You can also freeze par-boiled potatoes if they are starting to turn, cook them and freeze them rather than throw them!

