

# LOVE YOUR FOOD



A Handy Guide  
to Reducing Food Wastage  
and Saving Money

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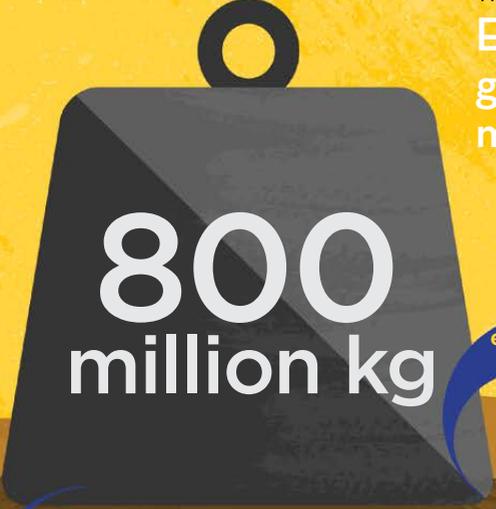
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# LET'S ENJOY FOOD, NOT WASTE IT.

In Singapore, we love food. But sometimes, we order, cook or buy more than we need. This leads to food waste.

Every year, Singapore generates around 800 million kg of food waste!



800  
million kg

equivalent to



equivalent to



2 bowls of food  
per person  
per day

**Food waste** refers to all unconsumed food substances that are disposed of or recycled.

**Food wastage** refers to food waste occurring at the end of the food supply chain (that is, at the retail and final consumption stages), resulting from retailers' and consumers' behaviour.

Refer to <http://www.nea.gov.sg/food-waste-management> for the amount of food waste Singapore generated every year.

# WHAT A WASTE!

## Where does it come from?

Food waste is generated from households, markets, hawker centres, supermarkets and food courts or other eating establishments.

## Where does it go?

About **14% of the food waste in Singapore is recycled**. The rest is incinerated and sent to the landfill.<sup>1</sup>



## What's the big deal?

Singapore is a small country with limited space. At the rate we are producing waste, **we will need a new incineration plant every 7-10 years, and a new landfill every 30-35 years.**<sup>2</sup> The resources and labour used to produce the food also go to waste, along with hard-earned money we use to buy food.



## What can we do about it?

Practise the tips in this handy guide to reduce food waste!

1, 2 National Environment Agency  
 - <http://www.nea.gov.sg/docs/default-source/corporate/COS-2015/cos-2015-media-factsheet---food-waste.pdf>

# WASTE LESS. SAVE MORE.

Every time we throw food away, part of our hard-earned money is wasted.

When we order, buy and cook just enough, and properly store leftovers for use the next day, we save money.

More than  
half of household  
food waste can  
be prevented.<sup>3</sup>



# LOVE YOUR COOKING



Cook Smart and Make  
Good Use of Leftovers



## ✓ Keep track of what's in your kitchen.

Plan meals according to what you have, and what's expiring soon.

## ✓ Cook just enough.

Determine the amount to be cooked with the diners' appetites and eating habits in mind.



## ✓ Use off-cuts or the equivalent.

Off-cuts of meat and vegetable stems or roots can be used to make stocks. Citrus fruit rinds and zest can add flavour to other dishes.



## ✓ Share.

Pack any excess food for your guests, friends or neighbours.



## ✓ Cook a "use-it-up" meal every week.

Use only what's already in your kitchen, including leftovers.

*"The recipe only requires egg whites/vegetable leaves/etc."*

Use the remaining parts (yolks, stalks, etc) in a different dish, rather than throw them away.

*"I ruined the dish. Throw it away!"*

Avoid being distracted by your TV or mobile phone while cooking.

# RECIPES USING LEFTOVERS

Don't want to eat the same meal twice? Leftovers can be turned into a brand new meal! Here are the 20 winning recipes from our Love Your Food contest.

## Rice-crust Margherita Pizza

CONTRIBUTED BY: DARWIN GOSAL

A flavourful, gluten-free fusion dish that uses leftover rice as a crunchy pizza crust. Tasty and filling. Serves 2.



Main leftover ingredient:  
COOKED WHITE RICE

### Ingredients:

- 2 bowls of cooked rice
- 1 egg
- 4 tbsp of parmesan cheese
- 2 heaped tbsp of tomato paste
- 80g of mozzarella, cut into 1.5cm cubes
- Handful of fresh basil leaves
- A few cherry tomatoes, halved

### Method:

- Preheat oven to 200°C.
- In a mixing bowl, mix the rice, egg and parmesan cheese.
- Divide the rice into 2 equal portions. For each portion, flatten the rice on a baking sheet to approx. 5mm in thickness, and shape it round to approx. 15cm in diameter.
- Bake the rice crust in preheated oven for 5 min.
- Remove the rice crust from the oven, and spread 1 tbsp of tomato paste on each rice crust, followed by the mozzarella.
- Bake for another 10 min.
- Top the pizza with fresh basil leaves and cherry tomatoes. Feel free to add other toppings like sausage and ham.

## Bread Pudding Pancake

CONTRIBUTED BY: SUSILOWATI

Your breakfast delight, now with a twist – an easy-to-make pancake, whipped up with all the goodness of bread! Serves 2.

Main leftover ingredient:  
WHITE OR WHOLEMEAL BREAD

### Ingredients:

- (A)
- 3 slices of bread, torn to small pieces
- 200g of milk
- ½ tsp of vanilla essence
- (B)
- 1 egg
- 18g of melted butter
- (C)
- 38g of flour
- 2 tsp of sugar
- 1½ tsp of baking powder
- (D)
- A bit of oil/butter
- 1 banana, sliced
- Maple syrup

### Method:

- Mix the ingredients under (A) and let it stand for at least 15 min, or until mushy, then mash the mixture.
- Add in the ingredients under (B) and mix well.
- Add in the ingredients under (C) and mix until it becomes a batter.
- In a non-stick pan, add butter. Then scoop in the batter and cook until both sides are golden brown.
- Serve warm with banana and maple syrup.



## Rainbow Soba Noodles

CONTRIBUTED BY: NG WEI CHEE

Main leftover ingredient:  
FRUITS AND RAW/  
COOKED VEGETABLES

### Ingredients:

30g of dried soba noodles  
 1/8 head purple cabbage, shredded  
 1/2 red bell pepper, shredded  
 1/2 carrot, shredded  
 1/2 tomato, cubed  
 1/2 cucumber, shredded

### SAUCE:

1 1/2 tbsp of olive oil  
 1 tbsp of soy sauce  
 1/2 tbsp of oyster sauce  
 2 tbsp of pineapple mango purée  
 1/2 tbsp of brown sugar  
 1/2 tbsp of grated fresh ginger  
 1 tbsp of sesame oil  
 2 cloves of garlic, chopped

A refreshing cold dish – soba noodles with leftover vegetables, drizzled with sweet savoury sauce made from leftover mangoes and pineapples. Serves 2.

### Method:

- Cook the soba noodles according to the instructions on its packaging.
- Drain the cooked soba noodles and set aside in ice water.
- Mix the ingredients listed under “Sauce”, and heat for 1 min over the stove.
- Pour the soba noodles into a bowl, followed by the vegetables. Drizzle the sauce over the noodles. Alternatively, the dressing can be put on the side.



## Spicy Ribs Udon

CONTRIBUTED BY: HO YIN PENG

Main leftover ingredient:  
COOKED MEAT FROM  
YOUR BBQ PARTY

### Ingredients:

2 packets of udon  
 300g of leftover BBQ spare ribs  
 4 stalks of leafy chye sim (or any other green leafy vegetable)  
 1 medium-sized onion  
 1 tsp of salt  
 2 tbsp of oil  
 2 cloves of garlic  
 1 chilli  
 6 stalks of spring onion  
 1 tbsp of meat curry powder  
 1 tsp of turmeric powder

### SAUCE:

Mix 1 tbsp of sugar, 1 tbsp of cornflour and 1 tbsp of soy sauce in 1 1/2 bowls of water.

A substantial meal that marries Japanese and Indian cuisine. Spare ribs and udon are infused with a spicy twist for extra zest. Serves 2.

### Method:

- Mince garlic and cube onions.
- Cut chye sim into bite-sized pieces.
- Dice spring onions.
- Cut chilli into chunky pieces.
- Add salt in boiling water and boil the udon. Once cooked, drain and set aside in ice water.
- Boil the chye sim for 30 sec, then drain and set aside.
- Heat 2 tbsp of oil in wok.
- Fry garlic and onions till fragrant.
- Add spare ribs and fry for 2 min.
- Add turmeric and curry powder and fry for 5 min.
- Pour in sauce mixture and mix well.
- Cover and simmer for 5 min.
- Add spring onions and chilli.
- Arrange udon and chye sim on plate.
- Pour ribs and sauce over udon. Serve hot.



## French Toast Cups

CONTRIBUTED BY: LIM TAMMY

Main leftover ingredient:  
WHITE OR WHOLEMEAL BREAD

### Ingredients:

4 slices of bread  
3 eggs  
30ml of milk  
1 tsp of sugar  
2 pears, cut into small cubes  
3 tsp of maple syrup  
100g of bacon/turkey bacon  
Butter  
Pinch of cinnamon powder

A fruity and hearty breakfast that looks good and tastes even better. Works perfectly with bread crusts and ends of loaves as well! Serves 2.

### Method:

- Mix eggs, milk and sugar in a bowl.
- Slice bread into approximately 2cm squares and soak them in the egg mixture for at least 10 min.
- Mix pear cubes with maple syrup till they are well-coated.
- Sauté pears in a frying pan, till they are soft on the outside but slightly firm on the inside. Set aside to cool.
- Butter a muffin tray.
- Place the soaked bread pieces in the muffin tray, lining them to form a cup in each mould.
- Fill the centre of each cup with the cooked pear and sprinkle cinnamon powder on top.
- Pre-heat oven to 180°C and bake for 25 min.
- Fry bacon/turkey bacon till crisp and chop into bits.
- Sprinkle bacon bits on top of each cup before serving.



## Stir-fried Quinoa

CONTRIBUTED BY: SHALU ASNANI

Main leftover ingredient:  
FRUITS AND RAW/  
COOKED VEGETABLES

### Ingredients:

1 cup of cooked quinoa  
2 shallots, diced  
2 cloves of garlic, minced  
½ bell pepper, diced  
1 cup of cauliflower, broken into florets  
4 tbsp of olive oil  
¼ tsp of turmeric  
¼ tsp of chilli flakes  
¼ tsp of paprika  
½ cup of peas  
2 tbsp of toasted, sliced almonds or cashew nuts  
4 tbsp of chopped parsley or coriander  
2 tbsp of lemon/lime juice  
Pinch of salt

Made with cooked quinoa, vegetables, herbs and nuts, this tasty meal is both healthy and refreshing. Serves 2.

### Method:

- Sauté cauliflower in 2 tbsp of olive oil until crisp and slightly charred. Season with turmeric, chilli flakes and a pinch of salt. Set aside for use later.
- Heat remaining oil in a pan. Sauté shallots and garlic till fragrant.
- Add bell pepper and cooked cauliflower and cook for 1 - 2 min. Add cooked quinoa to the pan, followed by peas. Season with paprika and salt to taste.
- Add toasted nuts and fresh parsley or coriander.
- Squeeze lemon/lime juice over the dish and serve.



## BBQ Chicken Lor Mee

CONTRIBUTED BY: EMILY MOEY

Main leftover ingredient:  
**COOKED MEAT FROM  
YOUR BBQ PARTY**

### Ingredients:

250g of instant noodles  
100g of beansprouts  
200g of leftover BBQ chicken meat,  
sliced. Bones to be used for  
preparation of gravy

2 hard-boiled eggs

### GRAVY:

600ml water  
500g of bones from  
leftover BBQ chicken

1 star anise

1 tbsp of five-spice powder

1 tsp of salt

1 tsp of sugar

2 tsp of light soya sauce

1½ tsp of dark soya sauce

1½ tsp of pepper

2 - 3 tbsp of cornstarch mixed  
with 2 tbsp of water  
for thickening

1 egg, lightly beaten

### CONDIMENTS:

2 tbsp of chilli paste mixed  
with 2 tbsp of hot water

2 cloves of garlic, minced

2 tsp of vinegar

2 tbsp of fried shallots

Pair your leftover BBQ meat with a traditional favourite – Lor Mee! Serves 1 – 2.



### Method:

#### TO PREPARE GRAVY:

- Boil water and chicken bones in a pot for 15 min. Strain and remove the chicken bones. Next, add the remaining ingredients listed under "Gravy" and boil on high heat for 10 - 15 min.
- Add in the hard-boiled eggs. Lower heat to simmer for 15 - 20 min, before scooping out the eggs.
- Bring the mixture to a boil, then stir in the cornstarch mix. Continue to boil for 10 min before turning off the heat.

#### TO PREPARE NOODLES:

- Boil a pot of water. Blanch the noodles and beansprouts to cook them. Drain the water and place the noodles and beansprouts in a serving bowl.
- Add sliced BBQ chicken and eggs. Pour the gravy over the dish.
- Sprinkle fried shallots and serve with chilli paste, garlic and vinegar.

## Cheesy Rice Balls

CONTRIBUTED BY: AARTI GARG

Main leftover ingredient:  
**COOKED WHITE RICE**

### Ingredients:

2 cups of leftover cooked rice  
1 cup of shredded mozzarella cheese  
Black pepper  
1 tbsp of cornstarch  
¼ cup of water (or as needed)  
Bread crumbs  
1 cup of vegetable oil for deep frying

A savoury treat made from the most common of ingredients, these Cheesy Rice Balls are surprisingly easy to prepare. Serves 2.

### Method:

- In a large bowl, add rice, mozzarella cheese and black pepper.
- Mash the mixture until smooth. Roll the mixture to make bite-sized rice balls and set aside.
- In a medium bowl, mix water and cornstarch to make a thin batter.
- Dip the rice balls into the batter and roll them over the bread crumbs.
- Fry them in oil till golden brown.



## Watermelon Pickles

CONTRIBUTED BY: MASAYO HADA

Main leftover ingredient:

**FRUITS AND RAW/  
COOKED VEGETABLES**

### Ingredients:

(BASED ON  $\frac{1}{4}$  WATERMELON)

Watermelon rind (white part of the watermelon only)

1 tbsp of ginger, thinly sliced

1 tsp of salt

1 tbsp of Japanese soya sauce

1 tbsp of Mirin (Japanese sweet rice wine)

1 tbsp of sushi vinegar

1 tbsp of sesame seeds

If you only eat the red part of watermelons, now there's a use for the white part too! Best of all, it can be prepared with just a re-sealable storage bag. Serves 1.

### Method:

- Cut the watermelon rind into bite-sized pieces.
- Put the watermelon pieces and ginger slices inside a re-sealable storage bag and add Japanese soya sauce, Mirin, sushi vinegar and sesame seeds.
- Seal the bag and shake to mix well.
- Leave for at least 30 – 45 min before serving.



## Leftover Rice Quiche

CONTRIBUTED BY: KEK ZHI CHIN

Main leftover ingredient:

**COOKED WHITE RICE**

### Ingredients:

200g of leftover cooked rice

2 tbsp of olive oil

3 eggs

200g mix of mozzarella, cheddar & parmesan cheese

100g of broccoli or other vegetables

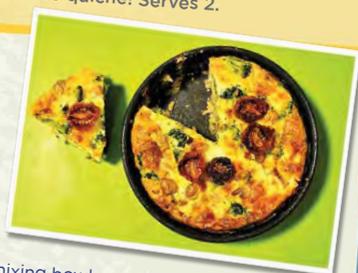
50g of button mushrooms

Pinch of salt and pepper

Put an oriental twist in your quiche by making yourself a delicious rice quiche! Serves 2.

### Method:

- Beat 1 egg in a mixing bowl, then add rice and olive oil. Mix well.
- Pour the rice mixture into a baking pan and bake for 10 min.
- Beat 2 eggs in a mixing bowl, then add broccoli, mushrooms, salt, pepper and cheese. Mix thoroughly.
- Pour the egg mixture into the baking pan with the rice mixture and bake for 30 min.



## Cheesy Bread Bowl

CONTRIBUTED BY: SHEENYA CHAN

Main leftover ingredient:  
WHITE OR WHOLEMEAL BREAD

### Ingredients:

- 1 large or 2 small leftover French loaves
- 200g of sausage/ham (or any boneless meat), cubed
- 1 carrot, diced
- 1 whole onion, chopped
- ½ cup of alfredo white sauce
- ¼ cup of evaporated milk
- 4 tbsp of pepper
- ½ tsp of pepper
- 200g of mozzarella cheese, shredded

The Cheesy Bread Bowl is a flavourful delight that will leave you longing for more. Serves 1 – 2.

### Method:

- Hollow out the French loaf for use as the bowl.
- Tear up the removed bread into smaller pieces for use later.
- Heat up a medium-sized pot, and add in meat, carrot, onion, alfredo white sauce, evaporated milk and pepper. Cook for about 5 – 7 min, or until the meat is cooked, stirring frequently.
- Remove the pot from heat, add in the bread pieces from Step 2 and stir to mix evenly.
- Pour the mixture into the bread bowl till ¾ full.
- Spread the shredded cheese on top of the bread bowl.
- Bake in the oven at 160°C for 15 – 20 min, or until the cheese melts.
- Remove from the oven and serve hot.



## Hawaiian Chicken Swirls

CONTRIBUTED BY: KOH PEI VOON

Main leftover ingredient:  
COOKED MEAT FROM  
YOUR BBQ PARTY

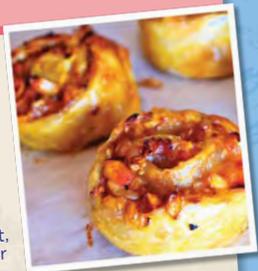
### Ingredients:

- ½ pc of puff pastry sheet (12.75cm x 25cm)
- 35g of leftover roasted chicken, diced
- 20g of fresh pineapple, diced
- 1 tsp of salt
- 20g of yellow onion, diced
- 15g of mozzarella cheese, shredded
- 1 tsp of Hoisin sauce
- Egg, for egg wash

Savour a different take on Hawaiian chicken pizza – the Hawaiian chicken swirls, a perfect treat for teatime! Serves 2.

### Method:

- Toss the diced pineapple in salt. Allow it to sit for 10 min, then pat dry.
- Pre-heat oven to 220°C. Line baking paper on a baking tray.
- Roll out the puff pastry sheet, and spread Hoisin sauce over the pastry sheet.
- Sprinkle the onion, pineapple, chicken and mozzarella cheese evenly over the pastry sheet, leaving a clean 2 cm-border at both ends.
- Roll up one end of the pastry sheet like a swiss roll.
- Cut the roll into 4 pieces and place them on the baking tray. Brush over with egg wash.
- Bake for about 20 – 25 min until golden brown.



## Mango Pudding

CONTRIBUTED BY: SUNIL KUMAR

Main leftover ingredient:  
COOKED WHITE RICE

### Ingredients:

- 2 cups (480ml) of milk
- 15g of unsalted butter, softened
- 130g of sugar
- 2 cups of leftover cooked rice
- 2 tsp of vanilla essence
- 1 mango, cubed
- 2 eggs
- 10 pistachios, sliced

Give your plain ol' mango pudding a new twist with this Thai-inspired rice mango pudding! Serves 8.

### Method:

- Lightly butter a 9" round tin.
- Pre-heat oven to 160°C.
- In a medium-sized bowl, whisk the eggs and sugar together till they are well-mixed. Set aside.
- Heat the milk in a heavy saucepan on medium heat, till you see bubbles forming around the edges. Stir to prevent a skin from forming. The milk will be hot, but not boiling. Stir in the butter.
- Stir in the rice and cook for 7 min, till the rice is mushy. Allow to cool slightly and add in the vanilla essence.
- Pour the rice mixture into the baking pan and bake for 15 - 17 min, or till the pudding is set around the edges.
- Remove from the oven and let it cool completely. Stir, then spoon into glasses and chill. Top it with the mango cubes and sliced pistachios before serving.



## Banana French Toast

CONTRIBUTED BY: YEO SZE MIN

Main leftover ingredient:  
WHITE OR WHOLEMEAL BREAD

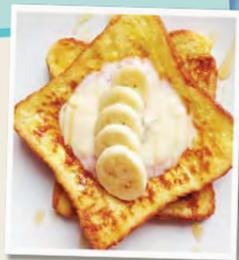
### Ingredients:

- 2 tbsp of butter
- 2 eggs, beaten
- 1 tsp of sugar
- 2 tbsp of milk
- Pinch of cinnamon powder
- 4 slices of wholemeal/white bread
- 2 tbsp of honey
- 2 heaped tbsp of Greek yoghurt
- Bananas, sliced

This golden banana French toast with honey and Greek yoghurt is a simple and delicious treat for the family. Serves 2.

### Method:

- Add cinnamon powder, sugar and milk to the eggs to form an egg mixture.
- Coat the bread with the egg mixture on both sides.
- Melt ½ tbsp of butter in the pan.
- Fry till both sides are golden brown, 1 slice at a time. Repeat Step 3 for the other 3 slices of bread.
- Serve with a heaped tbsp of Greek yoghurt and bananas, drizzled with honey.



## Crunchy Chicken Ball

CONTRIBUTED BY: SREE DEVI SIDDHARTH

Main leftover ingredient:  
**COOKED MEAT FROM  
YOUR BBQ PARTY**

### Ingredients:

Leftover BBQ chicken,  
deboned and shredded  
1 medium-sized onion, sliced  
1 green chilli, sliced  
1 tsp of ginger-garlic paste  
1 tsp of meat curry powder  
1 medium-sized potato,  
boiled and mashed  
Breadcrumbs  
1 egg white for dipping  
Plain flour for dusting  
1 cup of oil for deep frying  
Pinch of salt  
Coriander leaves, finely chopped

If you like meatballs, you'll surely love these yummy crunchy chicken balls, which can serve as snacks or sides to your main course. Serves 2.

### Method:

- Heat wok, pour some oil and sauté the onion.
- Add ginger-garlic paste, green chilli and fry till golden brown.
- Add the leftover BBQ chicken, meat curry powder and salt. Stir fry until fragrant.
- Switch off the stove and sprinkle coriander leaves over the mixture.
- Once the mixture is cooled, combine it with the mashed potato and roll into bite-sized balls.
- Dust the balls in plain flour, dip in egg white and roll over the bread crumbs.
- Fry them in oil till golden brown.



## Apple-Shallot Yoghurt Salad

CONTRIBUTED BY: SIVAKAMI ALAGUMALAI

Main leftover ingredient:  
**FRUITS AND RAW/  
COOKED VEGETABLES**

### Ingredients:

3 tbsp of Greek/natural yoghurt  
2 tsp of olive oil  
½ tsp of mustard seeds  
5 - 6 shallots, chopped  
1 medium-sized red apple,  
cut into bite-sized pieces  
4 - 5 curry leaves  
Pinch of salt  
Coriander leaves

With ingredients like yoghurt, shallots, and apples, this healthy dish promises to surprise your taste buds! Serves 1.

### Method:

- Heat oil in a pan over a low flame.
- Add chopped shallots and fry for 2 min.
- Add in mustard seeds and curry leaves. Mix and cook for 1 min. Remove from heat and cool.
- Add yoghurt and salt to apple pieces. Mix well.
- Mix the ingredients from the previous 2 steps.
- Garnish with coriander leaves and serve.



## Cheesy Egg Fried Rice

CONTRIBUTED BY: GOPI TEJASRI

Main leftover ingredient:  
COOKED WHITE RICE

### Ingredients:

2 tomatoes, chopped  
2 onions, finely chopped  
3 green chillies, chopped  
2 eggs  
Pinch of salt  
Soya sauce  
1 tsp of red chilli powder  
¼ tbsp of turmeric powder  
2 cups of leftover rice  
½ cup of grated cheese  
2 tbsp of oil  
1 tsp of cumin seeds  
Spring onions  
3 tbsp of tomato sauce (optional)  
Indian spicy masala (optional)

A homely plate of fragrant fried rice, topped off with a cheesy twist. Serves 1 – 2.

### Method:

- Heat oil in a pan. Add cumin seeds and green chillies and sauté till the seeds turn golden.
- Add onions and sauté for 2 – 4 min or until translucent.
- Add tomatoes, red chilli powder, turmeric powder and salt, and sauté till the tomatoes are pulpy. Add Indian spicy masala (optional).
- Crack eggs into the pan and mix well. Add spring onion and cheese. Stir till the eggs are scrambled and add soy sauce. Cook for 1 – 2 min.
- Add in the leftover rice and mix well. Transfer into a serving bowl and serve with tomato sauce (optional).



## Cheese-stuffed Meatballs

CONTRIBUTED BY: YEO CHUN HONG

Main leftover ingredient:  
COOKED MEAT FROM  
YOUR BBQ PARTY

### Ingredients:

900g of leftover BBQ meat, deboned and ground with a food processor  
150ml of milk  
1 cup of breadcrumbs  
2 eggs, lightly beaten  
2 garlic cloves, minced  
1 tsp of pepper  
½ tsp of sea salt  
Mozzarella cheese, cubed  
Olive oil for frying

For cheese and meat lovers alike, these cheese-stuffed meatballs pack a potent punch. Serves 1 – 2.

### Method:

- In a large bowl, mix the milk and bread crumbs.
- Add the beaten eggs, ground meat, minced garlic, sea salt and pepper into the bowl.
- Mix ingredients thoroughly and roll them into 2-inch balls.
- Push cheese cubes into the centre of each meatball.
- In a large frying wok, heat olive oil and deep fry the meatballs for 1 – 2 min.
- Place meatballs on a plate lined with paper towels to absorb excess oil. Serve warm.



## Bread Love Pudding

CONTRIBUTED BY: MIRNASARI DEWI

Main leftover ingredient:  
WHITE OR WHOLEMEAL BREAD

### Ingredients:

- 4 - 5 slices of bread,  
torn to small pieces
- 1 egg
- 1 tsp of sugar
- 50ml of water
- 40g of raisins
- 2 slices of cheese

A delightful dessert for all, especially those with a sweet tooth. Serves 3 - 5.

### Method:

- Spread the bread pieces on a baking pan.
- In a bowl, mix egg, sugar, raisins, and water. Beat until well-mixed.
- Pour the mixture over the bread, and mix lightly with a spoon, until the bread is covered and soaking up the egg mixture.
- Spread the cheese on top of the bread.
- Bake in the oven at 175°C for 30 min. (Alternatively, you may also steam the bread.)
- Serve either hot or cold.



## Unapologetic Pajeon

CONTRIBUTED BY: NANA LOO

Main leftover ingredient:  
FRUITS AND RAW/  
COOKED VEGETABLES

### Ingredients:

- 2 eggs
- 1 large onion, shredded
- ½ cup of pancake flour mix
- ¼ cup of full cream milk
- 1 tsp of sea salt
- 1 tsp of cinnamon powder
- A pinch of pepper
- Canola oil
- 320g of vegetables, shredded or cubed  
(pick 4 from the list, each about 80g) Examples include: carrots, potatoes, long beans, ladies' fingers, cucumbers, capsicums, radishes, pumpkins, peas, corn, cabbage, cauliflower & broccoli.
- Cheese (optional)
- Mayonnaise (optional)
- Tartar sauce (optional)
- Greek yogurt (optional)

For a taste of something different, try making your own delicious pajeon (Korean pancakes) for your next meal! Serves 2.

### Method:

- Squeeze the excess water from the vegetable strips/cubes using a clean towel.
- In a bowl, beat the eggs, then add all the other ingredients. Mix well.
- Heat oil in a frying pan on medium heat. Scoop the mixture into the pan in small batches. Fry until both sides are golden brown.
- Put a slice of cheese in between the pancakes and serve hot. Top it off with either mayonnaise, tartar sauce or Greek yogurt.



# LOVE YOUR GROCERIES



Shop Smart and  
Store Food Right



## Check your kitchen before going grocery shopping.

This prevents duplicate purchases.



## Plan your purchases ahead.

Make a shopping list and keep to it.



## Look past the imperfections.

Odd-looking, bruised and blemished fruits and vegetables can be trimmed and used for cooking.

# TIPS FOR GROCERY SHOPPING



*"I rarely visit the supermarket, so I better stock up."*

Prepare a shopping list. Avoid buying a lot of perishables.

*"The jumbo pack was only \$0.50 more."*

Buying a larger size may seem more economical, but it's not if you don't eventually use all of it.

*"It was on offer."*

Items on offer may be expiring soon. Buy only if you will consume it before expiry.

# TIPS FOR STORING FOOD<sup>4</sup>



## ✓ Store it correctly.

Follow the storage instructions on the product's packaging. Some items must be kept in the fridge after opening.



## ✓ Check your fridge.

The chiller operates best between 0°C and 4°C, and the freezer at -18°C and below.



## ✓ Store better.

Chips, crackers and cereals last the longest when kept in airtight containers. Airtight bag clips are also an affordable option.



## ✓ Practise “first to expire, first out.”

Place products that are nearer to their expiry dates at the front of the fridge, freezer or cabinet. This reminds you to use them as soon as possible.



## ✓ Use the freezer.

Box up leftovers by the portion and freeze them so that they last longer and can be reheated easily for the next meal.

*“This food has been stored for too long, so I’ll throw it away.”*

Label and date any food that you store, so that you’ll know when to consume it.

# FOOD STORAGE CHART

Storing food in the fridge or freezer doesn't mean it can be kept forever. Use this guide to determine how long you can store your food in the fridge or freezer.

Product	Refrigerator (0-4°C)	Freezer (-18°C)
<b>Fresh eggs</b>	3 to 5 weeks	Do not freeze
<b>Fresh milk</b> - if unopened - after opening	Use-by date 2 to 3 days	Do not freeze Do not freeze
<b>Bacon</b>	7 days	1 month
<b>Fresh beef, veal, lamb, pork</b>	3 to 5 days	6 to 12 months
<b>Fresh poultry</b>	1 to 2 days	6 to 12 months
<b>Shrimp, scallops, crayfish, squid, shucked clams, mussels and oysters</b>	1 to 2 days	3 to 6 months
<b>Vegetables</b> - Leafy ( <i>cai xin</i> , <i>kai lan</i> , spinach etc) - Non-leafy (broccoli, cauliflower, green beans etc)	Up to 7 days 2 to 7 days	Do not freeze Do not freeze
<b>Cooked shellfish</b>	3 to 4 days	3 months
<b>Lean fish (cod, sole etc)</b>	1 to 2 days	6 months
<b>Fatty fish (mackerel, salmon etc)</b>	1 to 2 days	2 to 3 months
<b>Cooked fish</b>	3 to 4 days	4 to 6 months
<b>Frozen dinners and entrees</b>	-	3 to 4 months (Keep frozen until ready to heat)
<b>Egg, chicken, ham, tuna and macaroni salads</b>	3 to 5 days	Do not freeze well
<b>Soup and stews</b>	3 to 4 days	2 to 3 months
<b>Chicken nuggets, patties</b>	1 to 2 days	1 to 3 months
<b>Pizza</b>	3 to 4 days	1 to 2 months

Refer to <http://www.ava.gov.sg> for more storage tips for the different food groups.

Freezer temperatures may vary according to different models or types. Check and avoid consuming food that has passed its expiry date.

# LOVE YOUR MAKAN SESSIONS



Order Food and  
Plan Parties Wisely

*"That dish didn't taste good."*

Give your feedback to the restaurant so they can improve the dish and avoid future wastage.

## TIPS FOR EATING OUT

*"Let's try everything!"*

Come back another day to try other dishes or order a second serving after you've finished the dish.

*"Don't finish the rice, just eat the meat!"*

Appreciate the effort that goes into producing your food by finishing everything on your plate.



### Order only what you can eat.

Start with less food on the table and order more later, if you need to.



### Ask for advice.

Consult the server on portion sizes to determine how much to order.



### Downsize your order.

If you intend to eat less, ask for a smaller portion.



### Swap sides.

If a dish contains something you don't eat, request for a replacement when ordering.



### Share dishes.

Offer a portion to your dining partner(s) before you start eating.



### Don't rush to order more.

It takes 15-20 minutes after eating to start feeling full.



# TIPS FOR PARTIES AND EVENTS

*"I must ensure everyone has more than enough to eat."*

If you have to provide a large amount of food, portion before serving so that leftovers are kept clean for storage.

*"I don't know how to estimate how much food is needed."*

Try using the free Healthy Chef app by Health Promotion Board. It helps you adjust recipes based on the number of servings required.



for  
3 pax



for  
3 pax



for  
4 pax



## Provide just enough.

Downsize the portions of each dish if you are planning to serve a variety of dishes.



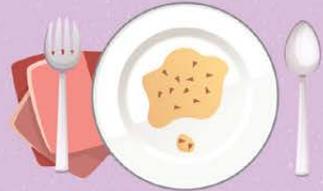
## Know what your guests are bringing.

Potluck meals should be carefully planned. Ask your guests the type and quantity of food that they're bringing.



## Cater for less than the actual number of guests.

When catering for an event, it's usually safe to order for 10% to 15% less than the number of guests attending.



## Keep it neat.

Encourage your guests to not leave any scraps on their plates. It makes cleaning easier and minimises food wastage.

# LOVE YOUR OFFICE PANTRY



Manage the Food  
in Your Office Wisely

# TIPS FOR THE OFFICE PANTRY



*"I've got to buy plenty of snacks for the office when I return from holiday!"*

Consider what your colleagues are more likely to eat and buy just enough snacks for sharing in the office!



## ✓ Label your food.

Label your food with purchase or expiry dates, so you can enjoy them before they turn bad.



## ✓ Set up an "Eat These First" area.

Gather the soon-to-expire food and place them in that area. Encourage your colleagues to help themselves to those food!



## ✓ It's "Clear the Pantry" Day!

Set aside a day every week and get your colleagues to finish up the food.



## ✓ Check before you buy.

Before buying snacks for the office, call to check on the quantity to buy so they don't go to waste.





✓ **Keep garlic and onions fresh.<sup>5</sup>**

Put garlic and onions in mesh bags (e.g. unused stockings) to keep them fresh.



✓ **Prevent bananas from ripening too fast.<sup>5</sup>**

Wrap the stem of bananas with a plastic wrap to keep them for a longer time.



✓ **Let celery last longer.<sup>6</sup>**

Trim the leafy tops off celery, then wrap the trimmed celery tightly in aluminium foil and refrigerate it so it stays fresh for a longer time. Save the leaves for a tasty salad meal.



✓ **Make full use of chocolate spread.<sup>5</sup>**

Finished your chocolate spread? Pour some warm milk into a jar, cap it, and shake it up for a delicious cup of hot cocoa.

5 <http://www.sheknows.com/food-and-recipes/articles/1066589/kitchen-hacks-reduce-food-waste-save-money>

6 <http://www.thekitchn.com/the-best-way-to-store-celery-178575>



## Keep herbs fresh and handy.<sup>5</sup>

Mix chopped herbs with butter or olive oil and freeze them in an ice-cube tray. Use the frozen cubes to season popcorn, meat or steamed vegetables, or defrost to spread on toast!



## Grow your own ingredients.<sup>7</sup>

Throw leftover ginger, garlic or scallions into a pot of soil. You'll get a new pot of ingredients in 2 weeks!



## Make your own all-purpose home cleaner.<sup>8</sup>

Turn citrus peels into an all-purpose home cleaner with these simple steps:

1. Fill half a large glass jar with citrus peels.
2. Pour vinegar until it fills the jar, close the lid tightly, and place the jar in a dark place for 2 weeks.
3. Strain the mixture using a fine mesh sieve placed over a large bowl, then discard the peels.
4. Pour the liquid into a spray bottle, and start cleaning with it!



7 <http://wake-up-world.com/2012/10/15/16-foods-thatll-re-grow-from-kitchen-scrap/>

8 <http://www.thekitchn.com/how-to-make-an-all-purpose-kitchen-cleaner-using-citrus-peels-cleaning-lessons-from-the-kitchn-216274>

# LOVE YOUR CELEBRATIONS



Celebrate Festive Occasions  
Without Wasting Food



## REDUCE FOOD WASTAGE THIS FESTIVE SEASON

During this time of gifting and feasting, large amounts of food are wasted. Here are some tips to reduce food wastage.



### ✓ Prepare just enough.<sup>9</sup>

- Make a shopping list and check it twice. Buy only what you need.
- Cater for 10-15% less than the number of expected guests.



### ✓ Give with thought.<sup>9</sup>

Avoid highly perishable items. Choose food gifts that you know the recipient would enjoy.



### ✓ Go small.<sup>9</sup>

Provide smaller plates for guests to encourage smaller portions, reducing the amount left on plates.



### ✓ Freeze your leftovers in small portions.<sup>10</sup>

Divide leftovers into small portions and pack them into airtight containers before freezing them.



### ✓ Make chips crispy again.<sup>11</sup>

Chips and nuts that have turned soft can be made crispy again after baking for a few minutes.



### ✓ Give away excess food from your hamper.<sup>9</sup>

Consider sharing or donating excess non-perishables.

<sup>9</sup> <http://www.worldwatch.org/reducing-food-waste-during-holiday-season>

<sup>10</sup> <http://www.foodwise.com.au/top-10-tips-for-national-leftovers-day/>

<sup>11</sup> <http://www.lovefoodhatewaste.com/content/snacks-crackers-and-pop>

# LOVE YOUR COMMUNITY



Donate Excess Food  
to the Less Fortunate

# DONATE YOUR EXCESS FOOD

Do you have any canned food that you are unlikely to consume? As long as they are unopened and not expired, you can donate them to the needy, via organisations such as Food Bank Singapore, Food from the Heart and Fei Yue Community Services.

It's a great way to prevent food wastage and help the needy at the same time.



Find out how you can donate your excess food at the links below.

## Food Bank Singapore

Website: <http://www.foodbank.sg>

Email: [enquiries@foodbank.sg](mailto:enquiries@foodbank.sg)

Contact No.: 6831 5395

## Food from the Heart

Website: <http://foodheart.org>

Email: [info@foodheart.org](mailto:info@foodheart.org)

Contact No.: 6280-GIVE (4483)

## Fei Yue Community Services

Website: <http://www.fyco.org>

Email: [admin@fyco.org](mailto:admin@fyco.org)

Contact No.: 6563 1106

## Willing Hearts

Website: <http://www.willinghearts.org.sg>

Email: [willingheartsingapore@gmail.com](mailto:willingheartsingapore@gmail.com)

Contact No.: 6476 5822

BE A WINNER,  
NOT A FOOD BINNER!



A Food-Saving Game  
for the Whole Family

# WASTE LESS, SCORE MORE!

Reducing food wastage can help you save money, which can be used for a family outing or to buy gifts for the kids. Use the guide below to set up a fun game that allows the whole family to take part in the mission to waste less and save more!

## Objective

Score Family Points and Individual Points by reducing food wastage to unlock rewards for the whole family and individual family members respectively.



## Instructions

- At the start of every month, gather the family and agree on the following rewards:



A **family reward** (such as a picnic, movie outing, or any activity that everyone will enjoy)



**Individual rewards** for each member of the family (such as toys, books, or clothes)

- Cut out the **Leaderboard** on the last page and write down the rewards your family has chosen. Pin it on the fridge or a visible part of your home.



- Refer to the **Scoring Chart** to find out how everyone can earn points. Update the Leaderboard after every meal.
- At the end of the month, add up the points and reward everyone accordingly.
- Print out another copy of the Leaderboard at [www.cgs.sg/fwrguide](http://www.cgs.sg/fwrguide) and play again!



## ★ SCORING CHART ★

Action	Individual Points	Family Points
<b>LOVE YOUR MAKAN SESSIONS (eating at home or dining out)</b>		
Finish everything that's on your own plate.	2	-
Finish the entire meal with no leftovers.	1	3
Store any leftovers properly (or pack them home if eating out).	-	3
Thank the cook for the meal.	1	-
<b>LOVE YOUR COOKING</b>		
Use leftovers from a previous meal in the current meal.	-	1
Prepare a meal out of food and ingredients that's already in the kitchen – without any additional shopping.	-	1
<b>LOVE YOUR GROCERIES</b>		
*Rearrange the food in the kitchen cabinets by expiry date, with the earliest date in front.	2	-
*Rearrange the food in the refrigerator by consume-by or expiry date, with the earliest date in front.	2	-
Make a shopping list together.	-	1
Buy only what's on the shopping list.	-	1
*Buy odd-shaped or blemished fruits or vegetables.	1	-
<b>LOVE YOUR COMMUNITY</b>		
Collect (from your kitchen) canned or processed food that you are unlikely to consume, and donate them to the Food Bank Singapore or other charitable organisations.	1	4

\* A good way to help your kids earn points!  
Feel free to amend the Scoring Chart for your family's use.

# ★ LEADERBOARD ★

## REWARDS

Month: \_\_\_\_\_

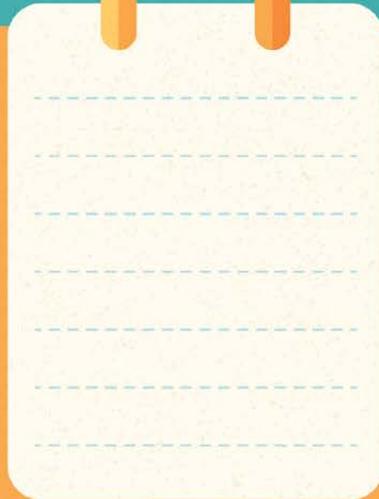
Family Rewards:  
(50 Family Points)

Individual Rewards:  
(50 Individual Points)

## SCORES



FAMILY POINTS



INDIVIDUAL POINTS







National  
Environment  
Agency

Safeguard · Nurture · Cherish

In support of:

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