



► Edition 4 | 2021

# FSG: Food Savers' Guide

A guide to making the most out of  
**food and wasting less**

Six steps  
to reduce  
food waste

Recycling  
made easy

see money differently

**NEDBANK**



An aerial photograph of a vast, green agricultural field, likely a cornfield, with rows of crops stretching towards the horizon. In the center of the field, a tractor is visible, moving through the crops. The lighting is bright, suggesting a sunny day, with a slight lens flare effect in the upper right corner.

## Nedbank food savers' guide

How to get more out of  
food and waste less

Fourth edition published 2021.

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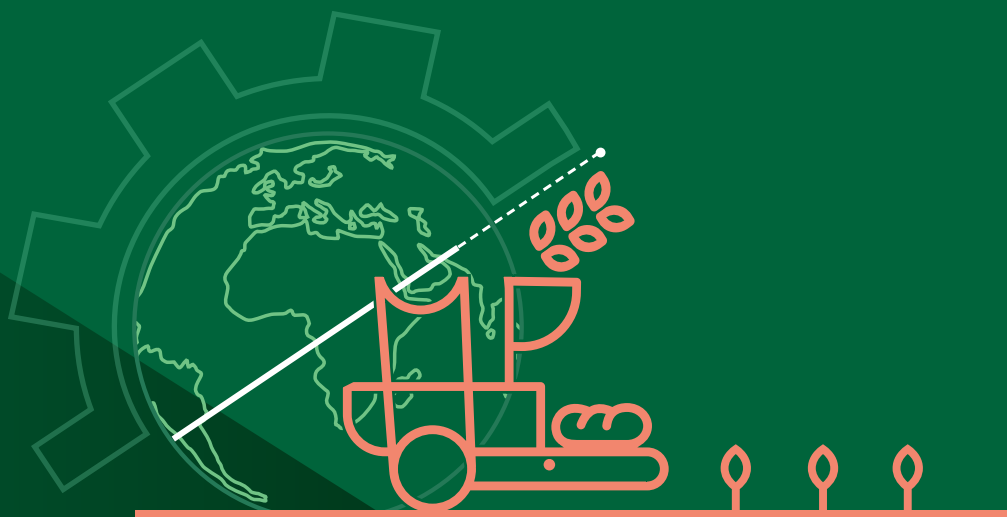
# Ingredients

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# 1 Introduction



According to data provided by the World Bank,  
**Agriculture uses close to 40% of all the  
habitable land area on earth.**



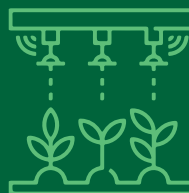
## Be good to food. Don't waste.

More than any other human enterprise, our food system has caused the greatest biodiversity loss, deforestation, desertification and soil degradation. It is also water-intensive, escalating water scarcity and leading to declining water quality.

Another impact is the widespread damage it has on marine ecosystems.

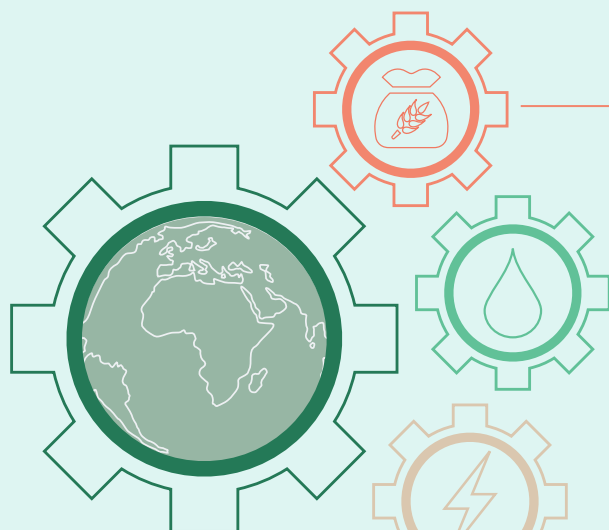
It is estimated that a **50% production increase will be needed** to feed the world's growing population – 10 billion people by 2050.

Because it impacts other key aspects of global sustainability, food security is everyone's responsibility. Food security is affected by the intersecting resources of water, energy, biodiversity and land.



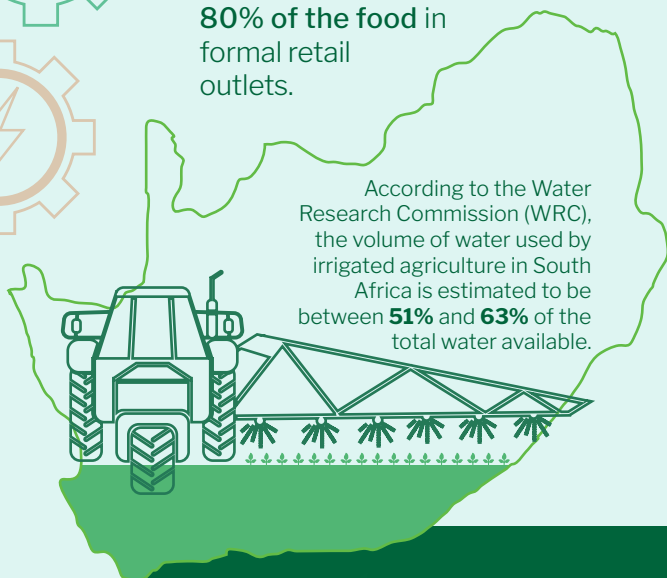
The food system is responsible for up to **30% of global greenhouse gas (GHG) emissions.**

**Meat production is associated with between 14,5% and 18% of these emissions.**



20% of farms in South Africa provide **80% of the food** in formal retail outlets.

According to the Water Research Commission (WRC), the volume of water used by irrigated agriculture in South Africa is estimated to be between **51%** and **63%** of the total water available.



## Food. Water. Energy.

They may not seem to be connected, but they make up vital cornerstones of our world's sustainable future. Their connections are logical: Water is vital in creating food and generating energy; energy is needed to treat water and transport food; food provides energy in various forms, including calories for humans and animals, compost and fertilisers for plants, and even for vehicles.

According to WWF Agri-Food Systems, **26% of South Africans are food-insecure** and, on average, 70% of households source food from informal markets or street vendors.

The more food each of us wastes, the more food must be produced to feed our growing population. That requires more water and energy, and turns more of our natural environment into farmland. And when you consider that food production uses up to 70% of the world's freshwater and 6% of its energy resources, it is obvious we should be doing all we can to slow down the need for more food. **Another mindshift is reconsidering edible food waste - i.e. food that is not spoiled or potentially harmful - for distribution for human consumption.**



## Crunch time

Food wastage. It is happening all the way along the value chain, from production and transport to the storage and retail phases. Nedbank has partnered with stakeholders all along this value chain in different ways to make South Africa's food production chain more sustainable. However, as consumers, we all can, and should, be helping to bring about positive change.



### Main participants in the food system



LABOUR



CONSUMERS



CIVIC SOCIETY/  
NGOs



FORMAL/INFORMAL  
RETAILERS



MULTINATIONALS



FARMERS



GOVERNMENTS



FINANCIAL  
INSTITUTIONS



SMEs



RESEARCH  
INSTITUTIONS





**There are over 30 000 known edible plants.**

By making a **shift in eating habits** to a more plant-based diet and reducing food waste we can all contribute to food security. On the whole, eating diverse, plant-rich foods is more sustainable and a win-win for people and planet.

By simply becoming more aware of our food choices and how we store, prepare and consume food we can do our part to lessen food wastage at the consumption end of the value chain. By making informed and responsible choices we can also add to the collective pressure on business, industry and government to do more about food wastage.

Food saving is about **becoming a more conscious consumer** and decreasing your individual food, carbon and water footprints. It means choosing the most sustainable food options, taking an active interest in where your food comes from, and making mindful food purchases that you can feel good about, without breaking the bank.

Conscious consumerism means asking about food recovery programmes whenever you buy groceries; asking about smaller portion sizes when ordering meals at restaurants; and buying, cooking and refrigerating only the food your family really needs instead of ending up with piles of leftovers that you eventually throw away. You should recycle the bits of food you cannot eat – apple cores, vegetable cuttings, egg shells, etc – to generate compost so you can grow your own produce.

In the end this kind of conscious purchase and consumption 'best practice' is good for you, humanity and the environment.



In this Nedbank guide we have compiled some useful food-saving tips and guidelines.





## 2 Food facts to digest



According to The World Food Programme, as many as **870 million people around the world don't have enough food for their consumption needs.**



## Bites and pieces



Food waste or loss occurs at several points along the food supply chain, from production and processing to retailing and consumption.

A 2021 study by the CSIR revealed that an estimated **10.3 million tonnes** of food is lost to waste in South Africa every year.

This equals over **34%** of all food produced locally and **45%** of the food available for consumption in the country after exports.



**Around 27% of fresh produce** In South Africa is wasted before it reaches supermarket shelves.

One of the causes is that crops are sometimes left unharvested because their appearance does not meet the strict quality standard required by many supermarkets and expected by consumers.



In any given year, between one third and half of all food produced globally for human consumption is wasted.



Restaurants also contribute to the problem with **supersize portions**.





While most food waste happens at the production and packaging stages of the food cycle, around 18% of wastage takes place at consumption. This figure has steadily increased in recent years, which means that as consumers, we are wasting more and more food. We all have a responsibility to reduce food wastage in our homes.



### Which types of food are wasted the most in South Africa?

**50%** Cereals

**19%** Fruits and vegetables

**14%** Milk

**9%** Meat

**5%** Roots, tubers

**2%** Oilseeds and pulses

**1%** Fish and seafood

## How to reduce food waste

**1**

Plan ahead



**2**

Buy what you need



**3**

Store correctly



**4**

Cook the right amount



**5**

Store leftovers for later



**6**

Recycle what you can't eat



## THE WATER COST OF FOOD

Being smarter about saving food helps save water.

**1/5 OF SOUTH AFRICA'S WATER IS USED FOR FOOD THAT IS WASTED.**

THE WASTED EMBEDDED WATER WOULD FILL OVER **600 000 OLYMPIC SWIMMING POOLS.**

### What a waste

Wasting just one teaspoon of milk

= **One flush** of a dual-flush toilet



Throwing away half your hamburger

= **A 60-minute shower** with a water-efficient showerhead



Spilling a teaspoonful of sugar

= **± One flush** of a dual-flush toilet



Wasting a litre of milk



= **Taking six full baths**

Leaving a mouthful of steak on your plate

= **Running your dishwasher 22 times**



Pouring half a cup of orange juice away

= **Flushing the toilet 12 times**



## The energy cost of food

Cost of wasted embedded energy from food waste is **R1 billion.**

Making smarter food choices helps save energy.



That's enough energy To **power the city of Johannesburg** for **± 16 Weeks.**





## The environmental cost of food

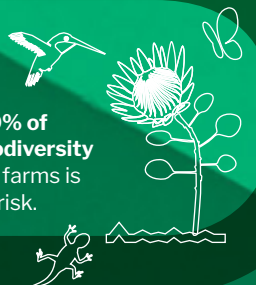
Climate change is causing increasing erratic weather patterns and a shift in production areas.



Agriculture is responsible for **2/3 Of wetland destruction** in South africa.

**80% of South Africa's rivers** are compromised in terms of quality and quantity.

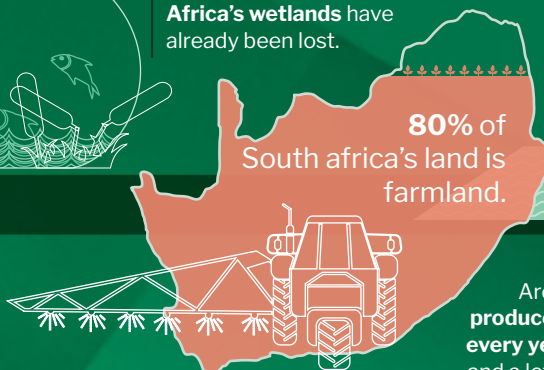
**80% of biodiversity** on farms is at risk.



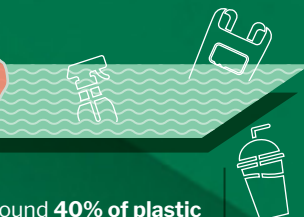
**50% of all South Africa's wetlands** have already been lost.



**80% of South africa's land** is farmland.



Around **40% of plastic** produced around the world every year is for packaging, and a lot of this finds its way into waterways and landfills.





## Adopting a planet-based diet



Can we feed a future population of 10 billion people a healthy diet within planetary boundaries?

**Yes we can.** According to a report by the World Wildlife Fund, *Bending the Curve: The Restorative Power of Planet-Based Diets*, a global shift toward planet-based diets, high in human-health benefits and low in environmental impacts, can restore nature and improve health.

## Go veggie for a day

Meatless Monday helps address the prevalence of preventable illnesses associated with excessive meat consumption.

Since its inception it has become something of a global movement, with 'semi-veggies' taking a day off meat for health, moral, financial or environmental considerations – or a combination of the lot.

**Research has shown that reducing our consumption of red meat and dairy products helps cut down on global food-related GHG emissions.**

According to the United Nations Food and Agriculture Organization (FAO), the livestock sector is a big contributor to serious environmental problems on both local and global scales. Opting for 24 meat-free hours a week means helping to reduce the water used by livestock farming (roughly 7 000 l of water go into the production of half a kilogram of beef) and helping to combat global warming (meat production produces much greater quantities of GHGs than vegetable production).

Visit [meatlessmonday.com](https://meatlessmonday.com) for more information.

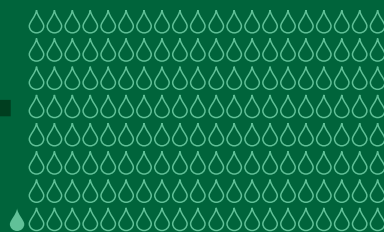


“A global shift toward healthier, more sustainable diets will combat climate change, improve human health and food security, reduce biodiversity loss, save lives, decrease the risks of future pandemics, and unlock economic benefits.” (WWF)



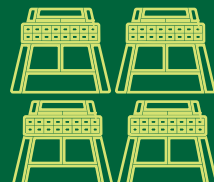


## How do your food choices impact the environment?



**25 Kg** of GHG emissions  
= driving a petrol car for 103 km

**10 489 ℓ** of water  
= 161 eight-minute showers

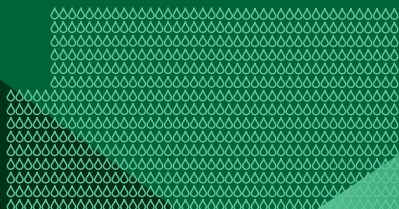


One 200 mℓ  
glass of milk  
twice a day  
for a year

**458 kg** of GHG  
emissions  
= driving a petrol car  
for 1883 km

**91 466 ℓ**  
of water  
= 1407 eight-minute  
showers

**1 303 m<sup>2</sup>**  
of land  
= four tennis  
courts



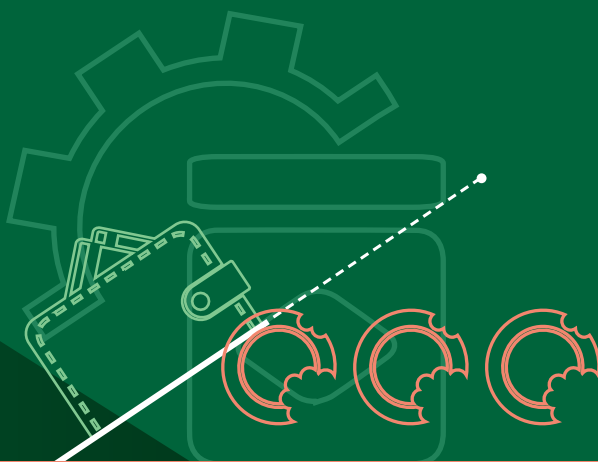
**75 g** of  
uncooked  
pasta  
twice a day  
for a year

**87 kg** of GHG emissions  
= driving a petrol car for 361 km

**41 989 ℓ** of water  
= 645 eight-minute showers



## 3 Saving food



Using up leftovers is easy on your budget;  
**keeping leftovers out of landfill is good for the planet.**





## Saving food at home

Every month  
The average middle-income family throws away almost r600 worth of food that was bought but not eaten. Saving this money may require a little more planning and creativity.

Planning the week's meals ahead will let you incorporate those healthy foods that otherwise might be left to spoil. Start by checking your fridge, freezer and cupboards and, before you go shopping, write a list so you do not shop for things you already have. You can save money this way, as planning will give you a good idea of what food you need to use up first.



## Here are some tips

**Extend a food's shelf life** by using innovations in food-saving technologies, fridges and freezers, eg storage containers that help prevent moisture build-up or fresheners for your produce drawer that help absorb the natural gases that cause ripening.



**Dairy products** are often forgotten at the back of the fridge. Grate cheese that's been in the fridge for a while, and mix it with breadcrumbs for a savory topping – or stir it into mashed potatoes.

As soon as you get your groceries home, put all the items that are suitable for freezing into the freezer. If you have large packets of chicken pieces or fish, divide them up and freeze **individual portions**.

Keep the **cupboards** well-stocked with a variety of canned and dried food you know your family loves to eat. Canned beans, dried fruit, nuts, pasta and noodles, rice and grains are all 'essentials' and have a long shelf life – meaning you will always have the ingredients on hand to put together a healthy meal. Store recently bought canned goods at the back of the cupboard. Keep older ones in front for easy access.



**Don't be tempted by bulk deals** (eg 'buy one, get one free') if you are unlikely to consume large quantities.

Consider pooling with family, friends or like-minded people to bulk-buy, which will help save money too.

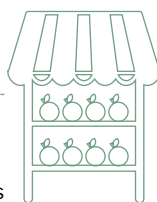


Dish up **sensible portion sizes** so that food is not left on plates.

If you have some dinner left on the stove, put it in the freezer as a '**ready meal**' for those evenings when you don't feel like cooking. Even small amounts can be pureed for a baby or served in a kid's lunch box the next day.

If you cook in large quantities, **freeze** individual portions and **defrost** them as needed.

**Replace cupboard items** once you have used them up. It helps to keep a piece of paper stuck on the inside of the cupboard door or on the fridge to scribble down items as soon as you have finished them. You can check the note when you write your shopping list.



**Shop at local markets.** This way you not only support local farmers but you can also score some great deals on fresh and delicious home-grown produce.

Buy **local and seasonal** produce whenever you can. It is often fresher than imported food and it hasn't travelled many miles, so it has a lower carbon footprint - so, it's good for you and good for the planet.

## Bread and pastries

### Use your crust

Pita breads, crumpets, bagels and hot cross buns are great for freezing and can be toasted in the oven or microwave straight from the freezer.

Keep some sliced bread in the freezer and pop it straight into the toaster when needed.



Halve your loaves and freeze one half for later in the week so that you do not end up with stale bread. Crusts and stale bread can be blitzed in a food processor to make breadcrumbs, which can be stored in the freezer.

Use leftover croissants and muffins to make traditional bread-and-butter pudding. Freeze leftover cake in slices and defrost it slice by slice for a tasty treat. Or if you have a whole cake to freeze, wrap it in plastic and then foil, and freeze it for up to a month.

Storing bread in the fridge can actually make it go stale quicker. The best place to store bread is in a cool, dark and dry place – your bread bin or cupboard is perfect.







In the  
freezer

## Avoid the burn

To avoid freezer burn damaging food items make sure the door is always kept closed and is well-sealed, and that the freezer is well-loaded. Products should be wrapped well in airtight packaging. Always squeeze excess air from freezer bags before storing. Ensure that you leave space at the top of containers for liquids, as these may expand in the freezer.

Don't freeze food that you know hasn't been stored properly beforehand.



**Pureeing foods**, such as tomatoes, means that they can be stored in a smaller volume and portions can be frozen in airtight containers or bags.



**Dairy-based and fat-based sauces are less suitable for freezing than tomato-based sauces** as they are emulsions that can separate and appear curdled. However thorough stirring can recombine the ingredients.

Minimise rancidity in frozen meat by trimming off all excess fat before freezing it and by **removing as much air** as possible from packaging or using airtight packaging. There is no need to trim fat off meat before freezing.



### Freezer Night

Need to remember to eat what you've frozen? Have a 'freezer night' – a monthly meal using the ingredients you've stored in the freezer. Label, date and organise the contents in your freezer so that you use food in the order it was frozen. If possible, use clear bags or containers and separate food by type.



## Take full advantage of your freezer

### Freeze these



**Freeze milk in airtight containers**, leaving about 2,5 cm of headspace for expansion. Frozen milk will last about three months. Do not freeze it again once it has thawed.

**Frozen eggs will last a year**, but do not freeze them in their shells. Yolks can be frozen alone (mixed with one tablespoon of salt per 480 ml), and whites can be frozen without salt.

If properly stored, frozen whole-cut meats and poultry can last for several months.



For short periods one layer of wrapping is sufficient. For longer than two months, wrap in a second layer to prevent freezer burn. Wrap tightly in freezer paper or heavy-duty foil and place in a zipped freezer bag (remove air) or airtight container. Poultry will last between nine and 12 months if frozen raw and up to four months if frozen cooked. Beef will last between six and 12 months if frozen raw and up to three months if frozen cooked. Lamb will last up to nine months if frozen raw, and up to three months if frozen cooked. Pork will last up to six months if frozen raw and up to three months if frozen cooked.



**Some fruits freeze better than others.** Pit stone fruits such as cherries before freezing. Berries can be frozen separately. Freeze bananas without the peel. Once frozen, store them in airtight containers.

**Most veggies can be frozen.** The standard is to wash, blanch (cooked in boiling water for one to two minutes and then left to cool) and drain them until dry, then transfer them to an airtight container and freeze. Others, like onions, may need to be frozen raw.



**Ginger can be frozen** whole in an airtight container – cut off slices as needed. The texture will be slightly mushy, but the flavour is fine for adding to cooked dishes.



**Peel garlic or chop shallots** and store them in an airtight container. Both will lose their crispness when thawed, but will retain most of their flavour.



You can find comprehensive cold-storage information on [foodsafety.gov](https://www.foodsafety.gov), [savethefood.com](https://www.savethefood.com) and [fsis.usda.gov](https://www.fsis.usda.gov).





## Keeping it edible

# Proper storage does wonders



Lettuce can be kept fresh for up to 10 days if you store it correctly.

Separate the leaves and place them in an airtight container, with a piece of kitchen towel over the top of the leaves. Change the kitchen towel every few days – this is what soaks up the moisture. Head lettuces, such as iceberg, keep longer than leaf lettuces.

Wash your favourite **berries** in a solution of one part apple cider vinegar and three parts water to kill off bacteria before putting them into the fridge to reduce chances of mould.



If you have half an **avocado** left over, rub lemon juice on it (this stops it from going brown) and leave the stone in before popping it into fridge.

Treat **fresh herbs** like flowers. Pop their stems into a glass of water and cover the glass with a plastic bag and secure it with an elastic band. This will create a greenhouse environment and keep the herbs fresh for longer. You can also dry herbs before they start to go off.



Get your **bananas** to last up to five days longer by treating them as a bunch. Wrap the joined stalks tightly in cling film and rewrap them every time you remove one.



Keep **mushrooms** dry by wrapping them in paper or storing them in a paper bag. Revive shrivelled mushrooms by giving them a quick water dousing.

For more tips go to [savethestudent.org](http://savethestudent.org).



STORE YOUR FOOD PROPERLY TO MAKE IT LAST LONGER.

Visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com) for an A-Z guide on food storage.



## Defrost safely

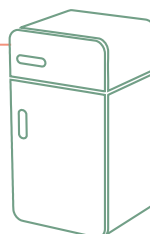
You have been careful about freezing your food, and **you should be as careful about how you thaw it.**

If you do not have enough time to thaw food, **you can cook most of it from frozen.** If it's still in the original packaging check whether instructions are provided for safely cooking it from frozen.

### In the fridge

(Overnight is best)

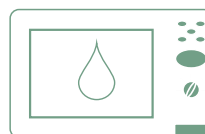
This is the safest way to thaw any type of food, especially meat. You will need to plan ahead, as thawing time will differ depending on the types of foods. Meat, for example, can take up to eight hours.



### In the microwave

(Settings vary according to model)

This is the fastest way to thaw food. You can thaw a couple of lamb chops in less than five minutes. You will have to cook the food immediately, as the defrost setting will begin the cooking process.



### In a bowl of water

(Don't defrost in hot water)

Putting frozen foods, especially meats, into a bowl of hot water is a health risk. The outer part of the food defrosts quickly and warms up, while the inside is still frozen. If the outer temperature stays warm for a long time, it can cause harmful bacteria to form.







## Unwell food

# First-aid tips for food

**Limp celery?** Chop it and immerse it in cold water to revive the crisp.



A slice of bread can help **revive hardened brown sugar**. Put a slice or two in the container.

Prevent your **potatoes** from turning green by storing them in a dark, dry and cool place (but not the fridge).



**Onions and peppers** can be chopped and frozen, making them ready to use at a later date.

**Root vegetables, beans and cauliflower florets** can be blanched (cooked in boiling water for one to two minutes and then left to cool) before freezing.

**Leafy salads** can be refreshed by popping them into a bowl of cold water with ice cubes for 30 minutes.



Trim a little **broccoli** off the stalk and place it in a glass of water in the fridge – it will revive overnight.

Maturing **watercress, spinach or rocket** can be chopped and stirred into mash or pasta or popped onto a pizza during the last few minutes in the oven.

**Banana slices** (without peels) can be frozen and dropped into milkshakes or smoothies later, or stirred into a curry for a fruity flavour. Blend them with milk to pour over cereal.



Save **over-salted soup** by including vinegar, lemon juice or brown sugar. Popping in a raw, peeled potato will also absorb some of the salt. Then boil the potato and use as mash.

**When in doubt, blend!**  
Most overcooked vegetables can be blended and used in soups or sauces





## Use it up

**Save carrot tops!** Blanch and then blend them into chimichurri or pesto. For chimichurri, blend with red-wine vinegar, olive oil, herbs and garlic or shallots. For pesto, blend with olive oil, pine nuts and a hard cheese like Parmesan.

**Brown semi-wilted lettuce** in olive oil and season with garlic or shallot.

**Spread the leftovers and have a potluck!**  
Invite friends over to give leftovers a new life. Challenge yourself to create 'use-it-up' menus for still-edible food.

**Pickle kale stems and cucumber ends.** Chop up the stems and ends and put them in a jar (be sure to sterilise it with boiling water first). Then add a boiling mixture of white vinegar, sugar, salt and water. Season with herbs or peppers or garlic. Refrigerate.

**Save stems** from fresh coriander or parsley, celery leaves, onion peels, mushroom stems and the like, and use them to make a stock. Collect in a bag or bowl in the fridge or freezer.

**Use slightly wilted herbs** as a base for pesto or other herb sauces. Blend them in olive oil and freeze in plastic bags or ice cube trays.



### TIP

Plan your Meals using The new nedbank avo app. You can easily shop by recipe – the app automatically puts the ingredients in your checkout basket.

## Keep a food journal

One way to keep food waste top of mind is to create a food journal. List all the best-before and use-by dates of the foods you have at home. It is easy to make a note in your journal as you unpack groceries or pop items into the freezer. As you consume foods, simply cross them off your list. A food journal will give a good idea of the foods you consume most and in what quantities. Add a 'What we threw away' section to help reduce future food waste. There are also apps to help.

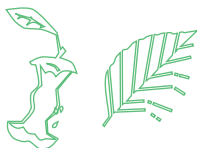
The USDA FoodKeeper app is free and available on both Android and iOS. It lets you record the best-before dates of food and then sends you alerts when food is getting close to its recorded date.





## Recycling and composting

### Anything goes, mostly



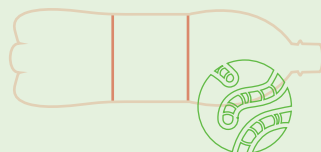
Compost vegetable and fruit waste (including pulp, rinds and cores) even if mouldy; bread, pizza crust and anything made from flour; rice; barley; coffee grounds, tea bags, filters; old spices; corn cobs and husks; shredded paper; egg cartons; and paper towels.

Try to get a balance between 'wet' nitrogen-emitting compost (eg food waste and coffee grounds) and 'dry' carbon compost (eg leaves, paper bags and egg cartons).

**Don't compost** meat or fish waste, dairy, cooking grease or oil.



Find out if your local municipal council offers a food waste recycling service. These collections will allow you to recycle both cooked and raw food scraps.



### Start a worm farm

A worm farm is an easy and cheap way of converting organic kitchen waste into nutrient rich liquid plant fertiliser feed (vermiculture) and organic compost (vermicompost). A worm farm is home to many earthworms that breed quickly and eat the organic compost you give them. Worm farms are easy to manage and if correctly managed, they have no smell.

Find out more at [www.wizzardworms.co.za](http://www.wizzardworms.co.za)

Bokashi composting is a safe, convenient and quick way to make compost in a kitchen, garage or apartment space. It uses microorganisms (which come in a carrier-like wheat bran) to ferment organic waste anaerobically. Unlike normal composting, bokashi can break down heavier items like meat, fish and cheese, and is odour-free and pest-proof.

Read more about composting in the *Nedbank Smart Living Guide* on page 49.







## In-store

The best advice you can follow when going shopping is never to shop for food when you are hungry. Eat a good meal first, and you will be more likely to stick to your shopping list – and your budget.



### In-store dos

**Do use the bulk bins** to buy spices and other dry goods if you need specific quantities.

**Do use a basket** whenever possible. Do not feel the need to fill your trolley.

**Do find out** when the store stocks its fresh fruits and veggies. Shop on that particular day if possible.

### ...and don'ts

**Don't put refrigerated items** in your basket and then ditch them later. If you do, you break the cold chain cycle and the store has to discard them - so you're causing food waste.

**Do prepare your grocery list by aisle.**

This makes picking up unnecessary items less likely.

### Up-date yourself

When you're grocery shopping, chances are you'll see a variety of dates on the items for sale. Some are more important than others, so here's the scoop:

#### Display-by and sell-by dates

These are actually for the retailer's reference and show when they should have the items on the shelf, and when they should remove them.

#### Best-before date

This is a quality indicators more than a food safety issue. For best tasting,

freshest produce, consume an item before it's best before date.

#### Use-by date

This is the most important date to note because it shows the latest date on which a perishable item should be consumed. It is illegal for a retailer to have items on sale that are past their use-by date. And if you have items like that at home, you should compost or discard them. However, many items can be frozen before their use-by dates and then still cooked and consumed later than these dates indicate.



Take those in-store dates with a pinch of salt.



## How to read a food label

Nutritional information on food labels have been standardised in South Africa, so reading a food label is easy once you have grasped the basics.

Ingredients are listed by weight, with the first three ingredients usually making up the most of the nutrient content.

The nutritional-analysis table tells you how much energy you can expect to get from a product. Nutrients are listed per 100 g and per serving – giving you the ability to compare the nutritional value of similar products and choose those with higher fibre, lower sugar and lower sodium. 'Per serving' and serving sizes indicate how much nutrients you will be getting and what the recommended portion is.

**Common allergens** like cow's milk and gluten must be listed on a product's packaging.

### Here are some helpful tips

**Sugar, fats and salt are often called by other names**, eg sugar can be maltose, corn syrup or fructose; fats can be palm kernel oil or hydrogenated fats; and salt is sodium.

**'No added sugar'** does not mean a product is sugar-free. It simply means that no extra sugar has been added to that product.

**Go for foods lower in saturated fats.**

## Nutritional information

	per 100 g	per serving
<b>Energy</b>	2 063 kJ	413 kJ
<b>Protein</b>	9,8 g	2,0 g
<b>Glycaemic carbohydrate</b>	69 g	14 g
Sugars	1,1 g	0,2 g
<b>Total fat</b>	19,8 g	4,0 g
Saturated fat	12,8 g	2,6 g
Trans-fat	0,0 g	0,0 g
<b>Dietary fibre</b>	4,0 g	0,8 g
<b>Sodium</b>	58,1 mg	11,6 mg

### Carbohydrates

**Total glycaemic:** Divide the total carbs by 15 to get the serving size, eg 30 g carbs = 2 servings

**Sugars:** Aim for < 5 g per 100 g

**NOTE:** Sugar is included in the glycaemic total.

### Serving size

Use the 'per 100 g' to compare products, as serving sizes differ.

### Dietary fibre

Aim for 3 g or more per serving.

### Salt (sodium)

Aim for < 120 mg per 100 g.

### Fats

**Total:** Aim for < 10 g per 100 g.

**Saturated:** Aim for < 3 g per 100 g.

**Trans:** Aim for < 1 g per 100 g.

Read more about food labels at [www.heartfoundation.co.za](http://www.heartfoundation.co.za) and [fda.gov](http://fda.gov) and food labels for diabetics at [sweetlife.org.za](http://sweetlife.org.za).



## Eating out

How many times have you eaten out, been too full to clear your plate and thought, 'Such a waste'?

More than **900 000 tonnes** of food waste is thrown away each year in the south african hospitality and food service industry (restaurants, pubs, hotels, cafes, etc).

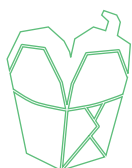
Most of it goes into landfills, where it generates harmful methane gas. Methane impacts global warming. Methane is a potent greenhouse gas with about 28 times more impact on the environment than carbon dioxide.

Visit [eatout.co.za](http://eatout.co.za) or [insideguide.co.za](http://insideguide.co.za) for a list of eco-conscious restaurants.

Some food waste is kitchen waste, but there is also '**plate waste**' – food we paid for when eating out but never ate.

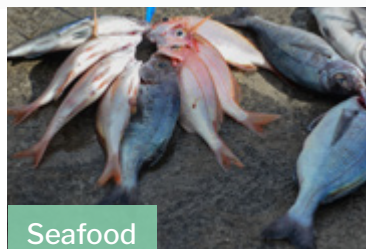


Ask restaurants if there are other **portion sizes** available and choose a smaller option if you are only moderately hungry; maybe pick a starter or 'light bite' instead of a main meal.



**Customise your meal** if you can, and swap chips for salad, potatoes for vegetables or whatever you most prefer. It is no good leaving food simply because you do not like the brinjal.

**TIP** Ask for **leftovers** in a takeaway box.



Seafood

You can see a list of Sassi supporter restaurants, which are committed to helping their patrons make ocean-friendly choices, at [wwfsassi.co.za](http://wwfsassi.co.za).

Read more about Sassi on page 28.





## Seafood

The ocean is not a bottomless resource; marine resources are finite. According to the 2020 State of world fisheries and aquaculture report from the Food and Agriculture Organisation of the United Nations (FAO) the fraction of fish stocks that are within biologically sustainable levels has decreased from 90 percent in 1974 to 65.8 percent in 2017.

The report goes on to say that, given this trajectory, it is unlikely that SDG Target 14.4 (to end overfishing of marine fisheries by 2020) will be achieved.



The WWF Nedbank Green Trust, a partnership between Nedbank and WWF-SA, initiated Sassi in 2004. Sassi empowers consumers to make sustainable seafood choices and in doing so holds retailers accountable, ensuring they buy from sustainable sources.

The WWF Nedbank Green Trust is the funder of Sassi. To find out more about the trust visit [wwf.org.za](http://wwf.org.za).

Eating out this week? Got a craving for fish? Check with SASSI first.

The initiative compiles and disseminates a list of edible fish species, which are divided into green-, orange- and red-designated species:



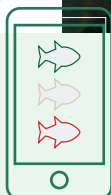
**The green list** includes snoek and South African hake and comprises the most sustainable fish choices – always opt for these species when you can.



**The orange list**, which includes east coast sole and various prawn species, lists species that 'may be legally sold but do carry the risk of being downgraded to red status, due to high demand or other risk factors, like poaching'. Avoid choosing these species if you can.



**The red list** includes abalone, bluefin tuna and black musselcracker and lists 'unsustainable' species as well as those that are illegal to sell in South Africa according to the Marine Living Resources Act, 18 of 1998. These are the species that you – or your caterers – should never buy. 'No sale' species include white musselcracker and galjoen.



Wherever you are, you can check on the status of fish species you are ordering or being served by downloading Sassi information directly to your phone from [wwfsassi.co.za](http://wwfsassi.co.za) or via the free Sassi app. You can also send an SMS to 079 499 8795.

## Wines

Make sure the glass is half full for flora and fauna.

What Sassi does for seafood, WWF Conservation Champions do for wine. These wine farmers, a group of environmental leaders, are committed to sustainable land and water use practices in providing green wine.

WWF provides advisory support to eligible and committed wine farms as part of a land and water stewardship programme. These dedicated landowners in SA's wine industry commit to biodiversity-friendly farming practices, conserving their natural areas and continually improving their water and energy efficiencies.

WWF supports these farms in their environmental efforts by co-developing detailed environmental management plans, setting tangible targets and helping them to prioritise actions to address their most pressing environmental risks.



Always try to order sustainable wine for your table. Look out for the striking logo of the sugarbird on the protea on Conservation Champion wine bottles.

WWF's focus will be on expanding relationships with the environmental industry leaders to support them in their long-term conservation commitments, as well as spearheading innovations in water and energy efficiency as well as climate adaptation.

[www.wwf.org.za](http://www.wwf.org.za)



For more information and to explore wine farms you should support download the WWF Champion Wine Guide app ([championwineguide.co.za](http://championwineguide.co.za)).



## The table should never be creaking



Whether catering for a large family get-together, a gathering of friends or your business clients, conserve food by preplanning your shopping, buying local and in-season foods, buying and preparing only as much food as you will need, storing food for longer life, and reusing or recycling leftovers.

The following is a basic checklist for more sustainable catering:

'In a world with limited natural resources (land, water, energy, fertiliser), and where cost-effective solutions are to be found to produce enough safe and nutritious food for all, reducing food losses should not be a forgotten priority.' **fao.org**

### Food and beverages

Being a conscious consumer means making choices that lessen your impact on the environment and society. It means thinking differently about what you buy and use.

This responsibility extends to catered events. You should aim to offer sustainably farmed, local and in-season food and drinks where possible. This ensures that the goods have not been transported from far away, which results in unnecessary carbon emissions. It also ensures that you are supporting the local green agricultural industry at grassroots level.



If you are using a caterer, partner with a catering company that understands responsible eventing and its importance. Avoid excessive packaging and recycle that which you cannot avoid. Simple acts such as cutting down on disposable packaging will reduce waste sent to landfills, therefore reducing GHG emissions and possible contamination of the world's oceans. Buying in bulk can help in using less packaging.





## Meat

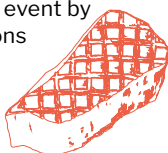
Between 14,5% and 18% of global GHG emissions are caused by animal agriculture.

Reduce the environmental impact of your event by adding more meatless or vegetarian options to the menu.

Choose **local** farm meat.

Choose **grass-fed, free-range** meat products.

Choose **ecofriendly packaging**.



## Fruits and vegetables

Be on the lookout for indigenous crops; they tend to be more hardy and drought or climate-resilient. Think *amadumbe*, bambara ground nuts, cow peas and waterblommetjies for starters.

Buy only **as much as you need** – most produce goes off quickly.

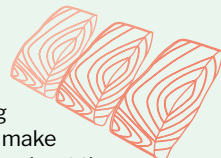
**Buy seasonal, sustainably farmed, local produce.** You'll also lower your 'foodprint'.

Look for produce that is packaged sustainably. The packaging should not only help to extend the '**shelf life**' of your produce, but also be recyclable (or produced from recycled materials), if possible.



## Fish

Use Sassi's guide and serve only green-listed fish: [wwfsassi.co.za](http://wwfsassi.co.za).



When working with caterers, make sure they know about the WWF-Sassi Retailer/Supplier Participation Scheme, which collaborates with participants to develop and implement appropriate solutions to ensure a seafood sustainability approach in their business.

Sassi provides these companies with advice and training on how to implement best-practice principles in terms of sustainable seafood.



## Tea

According to Euromonitor International, tea is the most consumed packaged beverage globally. Unfortunately, most teabags are only 80% biodegradable according to [theguardian.com](https://www.theguardian.com).

**Switch to loose-leaf teas** – be sure to measure only what you need per cup.

Choose locally packed, sustainably harvested rooibos.

Choose teas with environmentally sensitive packaging and teabags (where available). **Recycle** teabags burying them in the garden around plants, or placing them in the compost bin.

Visit [recyclethis.co.uk](https://www.recyclethis.co.uk).



## Coffee

The cultivation of coffee 'has resulted in over 2,5 million acres of forest being cleared in Central America alone to make way for coffee farming'. [sustainablebusiness toolkit.com](https://www.sustainablebusiness toolkit.com)

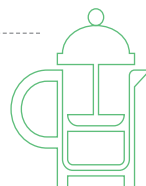
Choose **locally or organically** grown filter coffee if possible.

When you buy **imported coffee**, look for all or one of the following differentiators: shade-grown, organic coffee, Rainforest Alliance- or UTZ-certified and/or sustainably grown.

Use reusable or **recycled paper coffee filters**.

**Recycle your coffee grounds** – they can simply be placed into flowerbeds.

**Choose ecofriendly packaging** – minimal packaging, recyclable and unbleached as well as chemical-free dyes – when possible.



## Soft drinks

Buy in bulk.

Buy organic.

Recycle tins and glass.





## Sugar and sweeteners

From bread to breakfast food, added sugar is found in nearly 70% of packaged foods. And too much added sugar is bad for heart health.

[health.harvard.edu](http://health.harvard.edu)



There are **health concerns** about the ingredients in some sweeteners – so research the most environmentally and health-friendly options.

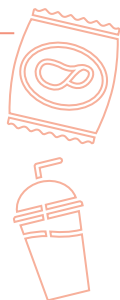


Buy badger-friendly or locally produced honey that is certified as being sustainably farmed.

## Processed foods

Avoid processed and convenience foods.

These foods are bad for your health and typically have a higher environmental footprint. Not to mention the unnecessary and non-recyclable packaging that is often associated with food on the go.



## Water

it takes 3ℓ of tap water to make 1ℓ of bottled water.



Excessive bottling of water removes this vital resource from our already threatened water table. Bottled water is packaged in plastic and fuel is used during the transportation. This is why **Nedbank encourages the use of the filtered water** at its facilities and use of bottled water only where there is no alternative.

## Wine

The wine industry in South Africa leads the world in production integrity, sustainability and conservation.



Look for the Cape sugarbird and protea label or visit **wwf.org.za** for a list. They also offer a list of award-winning wines.

Choose **local and/or organic wines** from a WWF Conservation Champion.





**Food waste**  
in South Africa

**10,3** million

Tonnes wasted  
every year.

**8%**

Agricultural  
production



**19%**

Post-harvest  
and storage



**49%**

Processing  
and packaging



**6%**

Distribution



**18%**

Consumer





## 4 Food saving



Storing food correctly to prolong its shelf life as **well as growing your own vegetables are great ways to save money while eating healthily.**



## Food-saving rewards for the waistline



Our ancestors ate only when hungry. Food was carefully shared and conserved because you never knew where the next modest meal might come from. Today, more than 1,4 billion adults are overweight. Many of us eat more than we need to, taking in more calories than our bodies can burn.



Large portions have become the norm and to city dwellers food feels abundant and readily available – the most extreme version of this modern trend being fast food.

### McDonald's feeds more than 45 million people a day.

And South Africans have shown such an appetite for it that the country is considered one of the most successful markets in its international history.

Obesity has been linked to hypertension; coronary heart disease; adult-onset diabetes; stroke; gall bladder disease; osteoarthritis; sleep apnoea, respiratory problems; endometrial, breast, prostate and colon cancers; dyslipidemia; steatohepatitis; insulin resistance; breathlessness; asthma; hyperuricaemia; reproductive hormone abnormalities; polycystic ovary syndrome; impaired fertility and lower-back pain.



French fries are the **most eaten vegetable** in America.



You would have to walk for seven hours straight to burn off a large-size soft drink, burger and fries.

Reversing the waist (and the waste) begins with a simple tactic: serve dinner using smaller plates. When you have a smaller plate, you automatically tend to put less food on it.

Opt for healthy, light tapas-style food; it is a great small-plate option.

Remove food from the table once the family has had enough.

The table should always have a full water jug on it – drinking water helps to curb appetite.



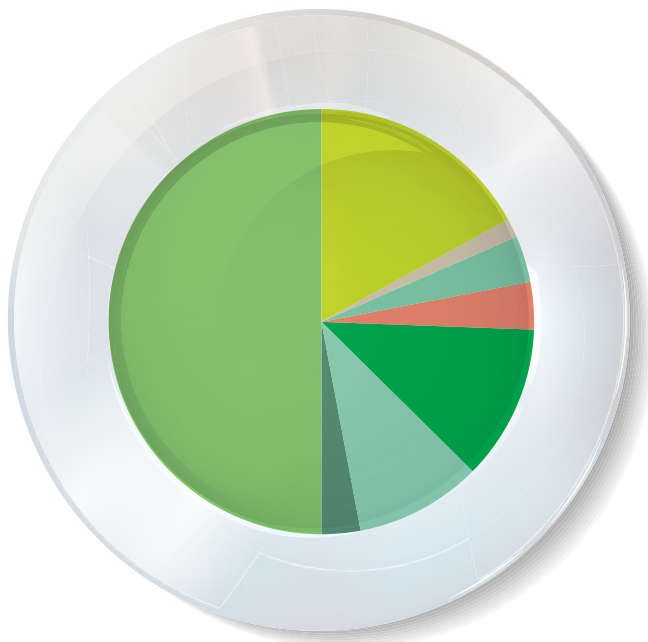




## CONSCIOUS CONSUMPTION

A healthy diet is one that optimises your mental, social and physical wellbeing. The optimal plate breakdown shown on this page is based on extensive information on foods, dietary patterns and health outcomes from the 2019 report *Food in the Anthropocene*.

You can read the full report at [thelancet.com](https://www.thelancet.com).



Vegetables



Whole grains



Starchy vegetables



Dairy foods



Animal protein

Beef, lamb and pork  
Poultry  
Eggs  
Fish



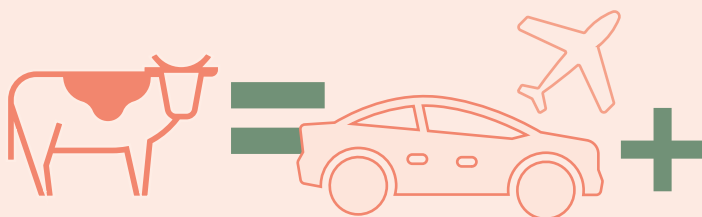
Plant protein  
Legumes  
nuts



Unsaturated  
plant oils



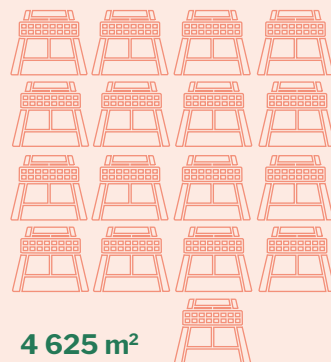
Added sugars



The food footprint of  
**eating just 75 g of  
beef**

**1 611 kg** of GHG  
emissions

= driving a petrol car  
for 6 618 km



**4 625 m<sup>2</sup>**  
of land  
= 17 tennis courts

Three to five times  
A week for a year



## Alternative proteins

More than two billion people worldwide eat insects.

### Saving money

Crickets produce 12 times more food than cows for the same amount of feed.

### Saving water

Crickets require 1 000 times less water than cows to produce the same amount of protein.

### Edible insects

Eating insects is known as entomophagy. From beetles to stinkbugs, the FAO estimates that at least two billion people worldwide regularly eat insects in their diets, with over 1 900 documented edible insect species. Insects are cold-blooded and more effective at converting feed into fuel. They are highly nutritious, with a high good-fats, protein, vitamin, fibre and mineral content.

Here are some of the world's favourite insect delights.



To find out what insects are being eaten around the world, visit [aspirefg.com](http://aspirefg.com).



## Be mindful

Eating is a fundamental part of our daily lives. Some eat for pure sustenance. For others eating and food preparation are a culinary art. Whether you are eating to live or living to eat, you can be smarter about your relationship with food.

Be mindful of the way you eat, shop for or dispose of food, by choosing conscious consumption over thoughtless eating. In this way you will reduce your food wastage – and lower your 'foodprint'.



### SIX MEALS OR MORE

(rounded up)

1 kg tomatoes	R23,00
2 kg potatoes	R37,00
330 g dill gherkins	R33,00
200 g cheese slices	R34,00
Lettuce	R20,00
1 kg onions	R22,00
375 ml chipotle sauce	R55,00
385 g mayonnaise	R32,00
Eight buns	R50,00
1 kg beef mince	R120,00
Six caramel desserts	R66,00

**TOTAL**

**R423,00**

### Gone in a flash

Six cheeseburgers,  
six medium chips  
and six desserts



**R596,00**

When compared to eating out, home-cooked meals simply make sense – you will save money and the meals go a lot further for the same number of people.







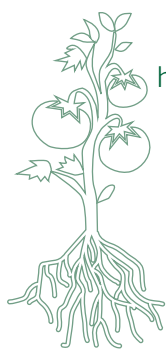
## Healthy budget

# Food-saving rewards for the bottom line

Focus on the financial benefits that come automatically from saving food by buying, storing and consuming it more efficiently.



Fortunately for food savers, the financial benefits of more frugal consumption go hand in hand with environmental (a negligible food footprint) and health benefits (more nutrients).



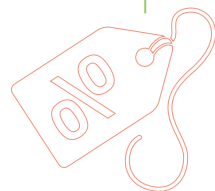
Eat more **fruit and vegetables** and less meat daily.

**Grow your own** fruits and vegetables. Remember that homegrown veggies bring a food footprint of zero to the table.

Stick to your **grocery list** and do not be tempted by in-store advertising, unless it is for useful markdowns or special prices, in which case adjust your list accordingly.



All you have to do is follow a few simple rules:



Set a weekly **food budget** you cannot exceed. You will quickly stop adding unnecessary items to the trolley.



Buy **generic house brands** whenever you can – they are cheaper and generally come with a smaller environmental footprint, enabled by the retailer's own production and supply chain.

**Use store savings cards.** These can add up to big savings in the long run.



## Safe handling is key

Even if a product is well within use-by date, it can become unsafe to eat if handled or stored incorrectly.

Make sure to keep **refrigerated foods below 5°C** and keep the unrefrigerated time, such as during transport, to less than two hours.

**Fresh meat or produce** should be handled safely to prevent cross-contamination from bacteria, which can make any food unsafe regardless of how fresh it is.

**Dry goods** should be kept away from heat and moisture to prevent the growth of bacteria, fungus and mould.

Place a **thermometer in your fridge** to monitor the temperature. Defrost frozen food in the fridge to ensure it does not go bad.



Check out the Keep it or Toss it database for the shelf life of specific foods at [stilltasty.com](http://stilltasty.com).

## Cans

If the can is dented at a double seam on the top or bottom of the can, throw it away immediately.

If the can has rust on it, throw it away.

If the can has a severe dent on the side that pulls the top or bottom of the can inward, throw it out.

If the can is swollen, do not consume its contents.





## Bulk buying

### Great when done right

Buying in bulk seems like an obvious way to save, but balance it against the possible cost of wasted food when you buy more than you can eat within the 'use-by' date.



Make sure you buy food items in bulk only if:

you **eat them often**; the bulk items have a **reasonable freshness lifespan**; and you have **suitable storage space** for your bulk items.

#### Do buy bulk

wheat, oats, rice, beans (dried or canned), sugar, salt, spices, meats (if you have enough freezer space) and dried fruit.

#### Don't buy bulk

baking soda, baking powder and yeast; fruit and vegetables; flours and grains; oils; nuts and seeds.

## Food for good

**Some foods do not go bad. Ever.** If stored correctly, these will keep indefinitely, even if they come with a best before date.

#### Rice

Store uncooked rices such as white, arborio, jasmine and basmati in airtight containers to keep out insects. Keep brown and wild rice in the fridge.



#### Salt

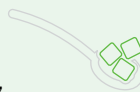
From the basic table variety to fancier versions such as kosher and sea, salt is a flavour enhancer that never spoils or goes stale. Store in a cool, dry area.

**Note:** In SA, salt is fortified with iodine. If stored for very long periods, the iodine levels can drop.



#### Sugar

Sugar, whether brown or white, never spoils. The challenge is keeping sugar from turning rock hard. Store in airtight containers.



#### Honey

Pure honey keeps indefinitely. Honey may change colour or crystallise over time, but it will remain safe to eat. Store in a cool area and keep tightly closed. Revive honey by placing the opened jar in warm water and stirring until the crystals dissolve.



#### Fresh forever

Dried beans, white vinegar and pure vanilla extract.



Visit [stilltasty.com](http://stilltasty.com) and [eatbydate.com](http://eatbydate.com) to learn more about 'fresh forever' foods.





## Food storage tips and hints

Be sure to refrigerate leftovers in a covered container (not a can) and use them within three to five days.

**Once products have been opened**, many of the Dates become obsolete since the contents now become perishable. It is advisable to store and use these opened items according to the instructions on the packaging.

Organise your fridge and store leftovers correctly to extend their shelf life. Keep them in easy sight and within reach – always use perishables first. Use FIFO (first in, first out) as a kitchen rule, ie cook and eat the food you bought the earliest. Go through your fridge once a week to rearrange contents for best use.

Some canned goods (such as condiments and pickled items) will still retain some longevity if refrigerated. Most condiments will have a warning to refrigerate after opening if necessary, so check the packaging carefully.

When buying foods, always check the expiration date. Select the date farthest in the future for optimum shelf life.

**Canned foods should never be frozen.** The expansion can split the seams of the can or break the glass container.

Fresher packages may be at the rear or buried. Depending on how quickly you will be using an item, it may be worth digging out the newer product, but be sure to restack for the grocer.

Take a tip from grocers and rotate your stock at home. Rather than trying to decipher cryptic codes on cans, use a marker to write the purchase date on cans and packaged foods to help you easily identify what to use first.

Many baking mixes contain dehydrated fats that can become rancid with time or leaveners that may lose their potency. Check the date.

The optimum storage temperature for canned goods is 18°C. Higher storage temperatures can reduce shelf life by up to 50%.

Examine cellophane, plastic and box packages to be sure they are not punctured or torn. Once the seal has been penetrated, the integrity of the contents is compromised.

Most canned goods can be stored up to a year under optimum temperatures. Citrus fruits, fruit juices, pickles, peppers, sauerkraut, green beans, asparagus, beets and all tomato products should be used within six months. If summer heat brings your kitchen temperature to 18°C or above, even for a short period, think about storing your produce in a different part of your home, like a cupboard in a cool room or the pantry.

In general foods packaged in glass have a longer shelf life. However, they must be stored in the dark since light can accelerate some natural chemical reactions.

Get your food home quickly from the store and into proper storage.



## Keep food better for longer



### Give produce some space.

Keep fruits and veggies separate and store like with like: apples with apples, carrots with carrots. Store produce susceptible to drying out in perforated or unsealed plastic bags to maintain moisture and allow air to circulate. Don't wash produce until ready to use.

Fresh milk must be refrigerated at all times. UHT (long life) milk should be refrigerated immediately after it is opened and then used within the recommended time frames on the packaging.

Store eggs in a cold part of the fridge (not the door) in their original carton. Be sure to check the best before date when buying your eggs to make sure you will consume all of them while they are at their best.

Yoghurt should be kept in the fridge. Once opened, yoghurt will usually keep for around 10 days - but be sure to check the best before date. Unopened yoghurt will keep for up to three weeks.

Depending on the cheese, hard cheese can last between one and 10 months, and soft cheese between one and four weeks. Cheese is best stored in the fridge loosely wrapped in wax or parchment paper. Strong-smelling cheese should be wrapped and stored in airtight containers.

Pantry staples such as whole grains, oats, quinoa, white flour and dry pasta should be stored in airtight containers in a dry, dark, cool place.

Ideally, raw seeds should be kept in airtight containers and stored in the fridge. If you don't have room, store in a cool, dark, dry place. If using only occasionally, store in the freezer (not necessary for sunflower seeds). Make sure seeds are dry before storing.

Only shell or chop tree nuts when ready to use. Shelled nuts, even if roasted, should be stored in an opaque, airtight container in the fridge or freezer. If kept in the pantry, store in a cool, dark place in an airtight container and use within a few months. Shelled almonds, walnuts, pecans and pistachios can be kept for up to two years in a fridge and for two years or more in a freezer. Translucency or darkening can be a sign that nuts are becoming rancid. Be sure to taste before using.



Refrigerate fresh fish, which will last up to two days raw and up to four days cooked. Store cooked or smoked fish in airtight containers in the coldest part of the fridge.

Before refrigerating, place salad leaves in an airtight container. Add a sheet or two of paper towel to the top of the leaves to absorb any excess moisture. Head lettuces, such as iceberg, keep longer than leaf lettuces.

Vegetable, olive and coconut oils can skip the fridge. Store in opaque bottles in a cool, dark, dry place. Sesame oil (whether open or not!) and other opened nut oils should be kept in the fridge (but brought to room temperature before using).

Commercial nut butters can be kept in a cool, dry place. Natural nut butters should be kept in the fridge. Nut butters that have spoiled will smell 'off' and should not be consumed.

Herbs (with the exception of basil) should be kept in the fridge. Store loosely wrapped in a cloth in a breathable bag, in the high-humidity drawer of the fridge.

Tea will not spoil, but it will lose flavour and potency over time. Store loose-leaf teas in an airtight container (± nine months), and teabags in original packaging in a cool, dry, dark place (two years).




Keep fresh meat and poultry in the bottom shelf of the fridge.

Wrapped tightly in airtight packaging (keep in store packaging until first use). Place on a tray if there is a chance of dripping. If properly stored, whole-cut meat and poultry can last for a few days (see below). Store cooked meat and poultry in airtight containers.

	Raw	Cooked
Poultry	± two days	± four days
Pork	± four days	± five days
Beef	± four days	± five days
Lamb	± two days	± five days

From the shopping bag to the fridge

Apples, in a breathable bag		± six weeks
Berries, in the original or an aerated container		± 10 days
Grapes, with stems, in a breathable bag		± two weeks
Peppers, whole		± seven days
Broccoli or cauliflower, in a breathable bag		± seven days
Beets, with no stems, in a breathable bag		± 10 days
Carrots, with no stems, in water		± two weeks

Eat as soon as possible

MUSHROOMS, GREEN BEANS, SNAP PEAS, FRESH PEAS, CUCUMBER AND CORN ON THE COB.

Into the fridge once ripe

Avocados, whole	± five days
Bananas, whole	± two days
Melons, cut	± five days
Pears, whole	± five days
Stone fruits, loose	± seven days
Tropical fruits, whole	± seven days



# Ditch the fridge, mostly

To get the most out of your basics consider some smart relocation.



Tomatoes

Store fresh tomatoes on the counter, away from direct sunlight, with the stem up. If tomatoes are becoming overripe, pop them in the fridge. Store in a breathable bag in the low-humidity drawer. Cut tomatoes should always be refrigerated.



Onions and garlic (unpeeled)

Extend the shelf life of onions and garlic – store them loose in a cool, dark, dry place in a well-ventilated container such as a basket or mesh bags.



Basil

Trim stems and place in a glass of water. Loosely cover with a plastic bag and keep on the counter, changing the water daily. Cold browns basil leaves quickly, so if you do store leaves in a fridge, wrap them in cloth and place them in an airtight container.



Coffee

Coffee is best stored at room temperature. For best quality and freshness refer to the date stamps on the packaging. Once opened, store in an airtight glass or ceramic container in a cool, dark place. Freeze large quantities in zip-top freezer bags (± one month).



Wholewheat flour, brown and wild rice

Keep wholewheat flour and brown and wild rice in the fridge, and store in opaque, airtight containers. Wholewheat flour will last up to two years in the freezer. Brown or wild rice should be cooked before freezing.

## Dried herbs and spices

Heat, light and moisture will degrade the flavourful oils in many seasonings. While they don't spoil, they lose their potency over time.

Buy spices whole when you can and grind just before using.

Keep in a cool, dark, dry place (not near the stove!) in airtight containers.



**Some exceptions:** Sesame seeds and poppy seeds do better in the fridge.





## Grow your own



### Tips for the home farmer

**Plant seasonally** – summer crops and winter crops don't mix well – and according to the climate in the region where you live.



**Grow the veggies you like.** You will be more likely to care for them and eat them.

**Grow the veggies you would normally buy** most regularly – beans, onions, broccoli, peppers, carrots, butternuts and gem squashes, cucumbers, tomatoes, potatoes and lettuce.



Instead of pesticides, **plant pest-fighting flowers in the vegetable garden**, including chrysanthemums, dahlias, lavender, marigolds, nasturtiums and petunias.

**Start small for the first year**, then grow the veggie patches as you gain experience.



Don't have a Lot of space?

Look out for *One Magic Square* by Lolo Houbein, which will have you growing veggies in a three-by-three-foot square of soil.

Vertical gardens are also a great solution if you have limited space.



Visit [janesdeliciousgarden.com](http://janesdeliciousgarden.com) for some great tips.



## The potato

# The zero-waste hero



Hot or cold, diced or sliced, baked or fried, potatoes (including sweet potatoes and other varieties) are nutritious and versatile, and don't need electricity for storage.

They have almost endless possibilities – from frittata to fishcakes and curries to breads, there are hundreds of, easy-to-make recipes. If they are stored and used in the right way, you'll never have leftover spuds again (apart from the peels in the compost).



### Storage

If potatoes are stored in a dry, cool and dark place (but not the fridge), they can be kept for months. Avoid dampness, which leads to potato rot, and sunlight, which turns potatoes green. Remove blemished potatoes from the mix and wipe off dirt with a dry cloth before storing, ideally between layers of newsprint in a ventilated box.

### Selection

Use potatoes efficiently by choosing the right local potato cultivar for the right dish:

#### Waxy

Ideal for boiling and for dishes where you don't want the potato to fall apart, such as potato salad.



#### Waxy/Floury

Can be used for all cooking methods.

#### Floury

Best choice for mash, chips and roast potatoes because of their crispiness on the outside and fluffiness within.



## Regrowing kitchen scraps

You can regrow some fruit and vegetables from kitchen scraps that seem destined for the compost pile.

And the cycle can be repeated to provide a steady supply. You benefit from growing nutritious organic produce, reducing landfill waste and adding to your food budget. It's one of the most environmentally friendly methods of recycling.

Visit [gardenseason.com](http://gardenseason.com) or [wake-up-world.com](http://wake-up-world.com) to get started.

### What will grow?

There are dozens of fruits and vegetables that can be regrown. The following is a list of some of the easiest:

Avocado	Herbs
Beets	Leeks
Bok choy	Lemongrass
Cabbage	Mushrooms
Carrots	Pineapples
Celery	Potatoes
Garlic	Romaine lettuce
Ginger	Swedes
Green onions	Turnips





## Chicken



# 0% Food Print

Chicken is a healthier choice than red meat and is highly versatile. One chicken can go a long way before being entirely used up. You can make hundreds of delicious dishes with chicken.

Look for **Betty Crocker's Best Chicken Cookbook**, as well as **The Big Book of Chicken: Over 275 Exciting Ways to Cook Chicken** (spotted on Amazon).

### So, how do you 'zero' a chicken?

After enjoying a traditional roast chicken, the remains can make a great curry or risotto for later in the week and you can find enough scraps for a sandwich for work. Finally, what's left of the carcass can be boiled up for stock and soups.



Did we say 'finally'? You can also make rich fertiliser for your garden out of the chicken bones:

- 1** Clean the last meat and fat off the bones. **2** Divide them into three piles, place them on microwavable plates and microwave each pile for three minutes. **3** Let the bones cool, as they will come out piping hot. **4** Place the cooled bones in a heavy iron pot. **5** Then mash them with a piece of wood or even a hammer. (Wear goggles to guard against little bone fragments.) **6** Stir the reduced fragments and keep mashing them until you have only a rough-fine bone powder. **7** Add some eggshells for extra calcium (microwave them for two minutes, then grind and add). **8** Make a 10 cm hole in your veggie garden or flowerbeds. Then work the natural fertiliser you've made into the soil of your veggie garden or flowerbeds. **9** Leave a little space between the fertiliser and plant or tree roots – let the rain seep towards them.





More food stars



Rice

Ramen noodles

Peppers

Carrots

Onions

Garlic

Ginger

Brinjal, aubergine, eggplant

Tomatoes

Cornstarch

Corn meal

Tofu

Chickpeas

Edamame

Cumin

Lemons

Cabbage

Beans and lentils  
(dry or canned)

Thinking of switching to a plant-based diet?  
Here's a handy recipe to kick off your food  
journey.

Qira's chickpeas  
and carrot curry



**Preparation time**  
Less than 30 minutes

**Cooking time**  
40 minutes

**Ingredients**

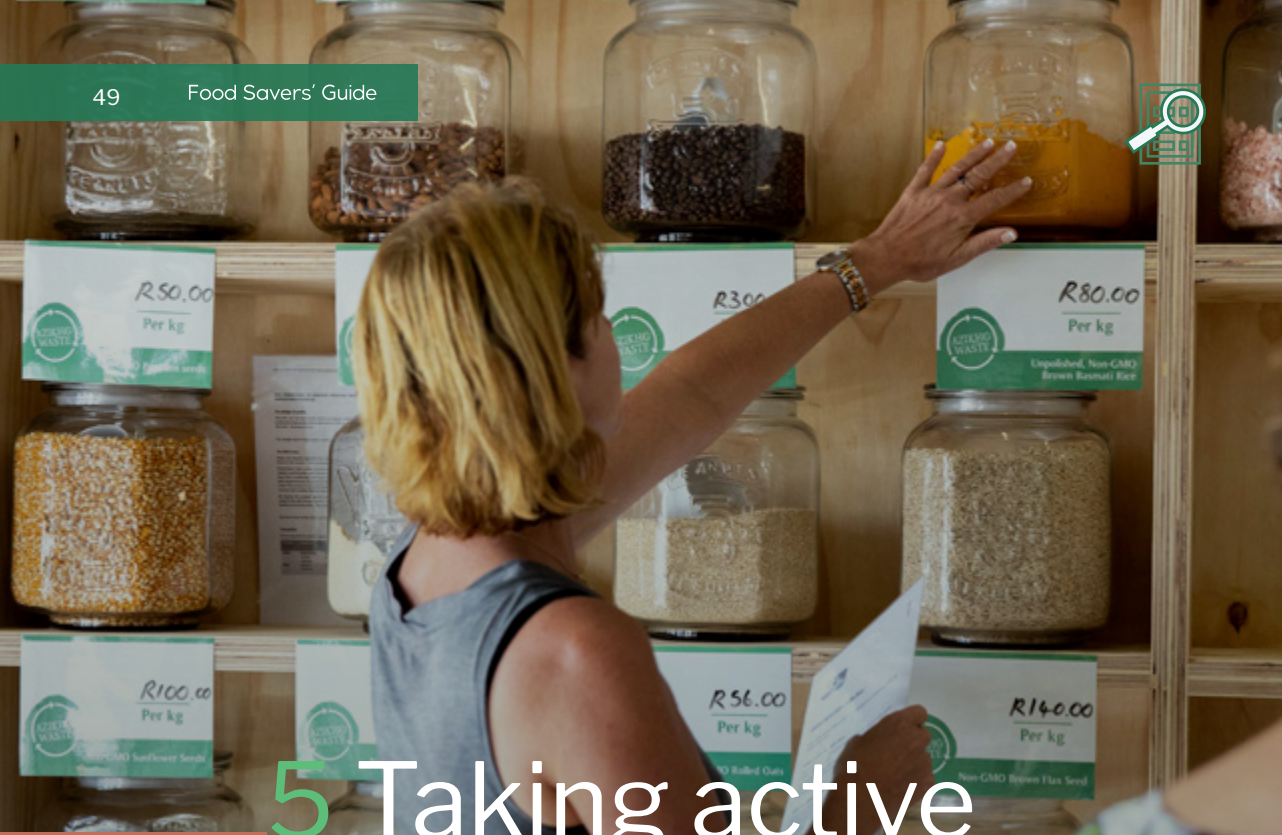
350 g chickpeas (1 can)  
350 g chopped tomatoes  
(1 can)  
1 can coconut milk  
1 onion, chopped  
1 medium carrot, diced  
2 cloves garlic, minced

1 jalapeño, chopped fine  
1 tsp salt  
1 tsp ground turmeric  
2 tsp ground coriander  
2 tsp ground cumin  
½ tsp ground fenugreek  
1 tbsp cooking oil

**Directions**

**1** Brown onions on medium heat. **2** Add carrots, garlic and jalapeño. Stir in a dash of water and let carrot soften slightly (± 5 min). **3** Add spices and stir. **4** Turn heat up to medium-high. Add tomatoes and coconut milk and let simmer for 10 minutes. **5** When curry has thickened, add chickpeas and cook through for a few minutes. **6** Serve with rice.

Visit [foodnetwork.com](http://foodnetwork.com), [supercook.com](http://supercook.com) and [myrecipes.com](http://myrecipes.com) for more delicious recipes.



## 5 Taking active citizenship forward



As a conscious consumer you can use your buying power to drive responsible **sourcing as well as support biodiversity and regenerative farming practices.**



## What does being a conscious consumer really mean?



## Do as much as you can

### PURCHASING POWER

As consumers we can put pressure on retailers to source ethically produced, environmentally friendly food products that also address a range of social factors, including fair labour practices, environmental education and sustainable community development.

**TIP** Source meat from farmers who practise regenerative farming.

### FOLLOW THE FOOD

Be curious about your food. As consumers we should be aware of where our food comes from. Knowing the amazing journey that food takes from 'farm to table' will help us to value our food more.

**TIP** Share your knowledge with friends and family.

**Act as an advocate for zero waste – vote with your money.**

**With less food waste, less food needs to be produced.**

Make the zero-waste choice if there is an option available.

Focus on what you can do and connect it to a larger movement or bigger collective action.

Support environmentally sustainable and socially responsible farming, especially local, smallscale farmers and SMEs.

Spend on sustainable food stars. (see pg 50)

### Active citizenship

We can also engage with government to work at mitigating and adapting to climate change; ensuring optimal land, water and energy usage; creating sustainable industries and jobs at the grassroots level; and contributing to the social wellbeing of all.

Make a commitment to be a conscious consumer and lead by example.

**TIP** Buy from farmers and retailers who support biodiversity.



South Africans generate over 50 million tonnes of general waste every year, and much of that finds its way to landfills, where the food waste component contributes to GHG emissions.

Using the tips in this guide you can play a part in helping reduce this figure. Turn food scraps into fertiliser using worm farms, composters and other techniques. These small choices have a big impact over time. Ask yourself: is it compostable, recyclable or is there a more sustainable option available?

Let us help you cut your food wastage – consider applying for a personal loan if you need funds to buy composters or similar. And if you are considering growing your own food, Nedbank can also help you finance rain tanks and sustainable irrigation systems.

For more information on a personal loan just dial \*120\* 001# and a consultant will call you back or visit your nearest Nedbank.



## Hope for the hungry

Try to support food retailers and restaurant chains that contribute to food recovery programmes. That can be anything from your favourite bakery donating bread to a local soup kitchen, to a leading national retailer contributing tonnes of unsold yet still edible food towards feeding the hungry.

FoodForward SA is a registered nongovernmental organisation that collects still-edible food from leading manufacturers and retailers, and ensures its redistribution to thousands of hungry people every day. Anyone can further its efforts through donations, or with a MySchool MyVillage MyPlanet card or a Smart Shopper card (Pick n Pay).

Visit the FoodForward SA website at **foodforwardsa.org** for a list of partners.



**Donate**  
Non-perishable and unspoiled perishable food to local food banks, soup kitchens and shelters. Some programmes may offer free pickup and provide reusable containers to donors.

### FOODFORWARD SA



**7 215 Tonnes**  
of food distributed



**29 million**  
meals



**675 000**  
people fed daily



**R0,85**  
cost per meal

'FoodForward SA's **Second Harvest** programme sources and collects surplus fruit and vegetables and redistributes this fresh produce to the **1 250 beneficiary organisations** in their network.'  
**foodforwardsa.org**

#### TIP

You can  
Also donate to foodforward sa through nedbank's avo app, an online shopping portal for groceries and other services. Avo also uses one cart, which enables you to buy from multiple stores close to you.





# Help support South Africa's transition to a sustainable and healthy food system.

## Nedbank Green Affinity and the WWF Nedbank Green Trust



Greenbacks is Nedbank's money management programme. As we work to assist you in managing your money to reach your best financial future, we encourage you to do your part for a better future for South Africa. When you join Greenbacks, you select one of the four Nedbank affinities (Green, Children's, Sport and Arts) to support.

This means that the better you get at making money choices with your Nedbank products, the more Nedbank will contribute to your chosen affinity – at no cost to you. With contributions to the Green Affinity, which funds the WWF Nedbank Green Trust, you will be supporting a vast range of social and environmental projects across the country.

### Addressing food security through sustainable production and consumption

The South African Resource Smart Food Systems Project, funded by the WWF Nedbank Green Trust, is working to address South Africa's ailing food system.

Activities included training and learning that have filled much-needed gaps in knowledge in a range of topics from food waste to those that enable small-scale farmers and more inclusion and integration across the food system.

### Helping emerging farmers succeed

As part of its commitment to enabling emerging farmers to attain commercial viability, the Nedbank Foundation supports the Buhle Farmers' Academy, in Vuwani, in the Vhembe district municipality in Limpopo.

The three-year programme started in 2018 and is aimed at equipping farmers to participate in the food value chain fully so that they are significant contributors to local economic development and food security as well as local employment.

Find out more about the trust at [greentrust.org.za](http://greentrust.org.za).



## Our food system is linked to a healthy planet and our wellbeing.

Nedbank's approach to sustainability is guided by its Sustainable Development Framework, which is informed by the United Nations Sustainable Development Goals (SDGs). The SDGs define the 'good' in our purpose by providing a powerful lens to identify risks and opportunities for new business innovation and growth.

### Nedbank's Sustainable Development Framework



### Sustainable Development Goals

According to the WWF, food security and good nutrition are vital to the 'successful delivery of many of the SDGs, including poverty (SDG 1), health (SDG 2), education (SDG 4), gender equality (SDG 5), water and sanitation (SDG 6), responsible consumption and production (SDG 12) and climate change (SDG 13)'.

You can read more about the SDGs at [un.org](https://un.org).



## Recycling made easy



### Supporting the recycling sector

NEDBANK SUPPORTS AND PARTNERS WITH MPACT LIMITED, THE LARGEST PAPER AND PLASTIC PACKAGING AND RECYCLING BUSINESS IN SOUTHERN AFRICA.

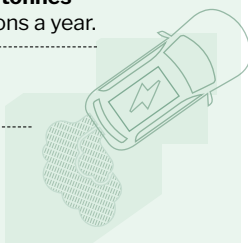
Its integrated business model focuses on closing the loop on plastic and paper packaging through recycling and beneficiation, resulting in positive impacts, including the following:



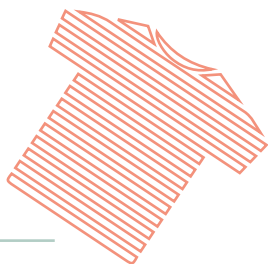
Recycling **24 000 tonnes** of used liquid cartons a year.

Saving over **65 000 m<sup>3</sup>** of landfill space.

Saving **11 400 tonnes** in carbon emissions.



**FIVE RECYCLED  
PET BOTTLES  
= ONE T-SHIRT**



**TIP** Always separate recyclables into bags or bins.

### What can I recycle?

[treevolution.co.za](http://treevolution.co.za)

### Find a recycler

(cans, glass, paper, plastic, oil, e-waste, drums and aerosols)  
[recycling.co.za](http://recycling.co.za), [mywaste.co.za](http://mywaste.co.za), [brandsouthafrica.com](http://brandsouthafrica.com)

### Glass bank

[theglassrecyclingcompany.co.za](http://theglassrecyclingcompany.co.za)

### PET (plastics)

[petco.co.za](http://petco.co.za), [plasticsinfo.co.za](http://plasticsinfo.co.za)

### Ronnie paper banks

[mpactrecycling.co.za](http://mpactrecycling.co.za)

### Cans

[collectacan.co.za](http://collectacan.co.za)

### Paper

[recyclepaper.co.za](http://recyclepaper.co.za)

### Recyclables collection

[pikidup.co.za](http://pikidup.co.za) (It also has a list of what can and cannot be recycled.)



## What kind of packaging can be recycled?

### Some recyclables

**Paper and board:** milk and juice cartons (Tetra Pak depots).

**Glass:** food jars; cooldrink, juice, beer and wine bottles; other alcoholic beverages.

**Plastics:** shrink, stretch and other films; tubs and jars; trays; bags; caps and closures.

**Metal:** beverage cans, food cans, screw caps, foil.

### Some non-recyclables

Laminated or waxy paper, such as that used for tomato and banana boxes.

Long-life beverage packs, which are made from paper but are lined with foil and plastic.

Soiled paper plates and paper cups.

Sweet and chip wrappers.

Cigarette ends.

Carbon paper.

Stickers or Post-it notes.

Laminated carton and paper.

Confetti.



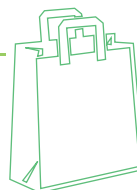
### For more info:

**Vinyl**  
savinyls.co.za,  
recycle.net

**Tetra Pak**  
tetrapak.com,  
mpactrecycling.co.za



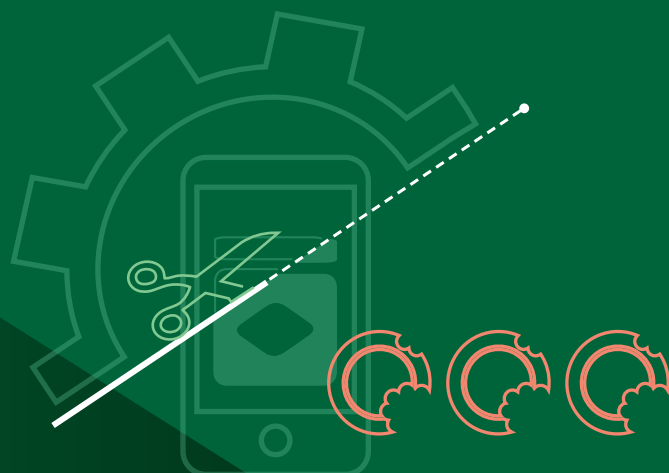
**TIP** When shopping, take your own reusable bags with you rather than buy plastics bags. Some stores even offer net bags for fruit and vegetables rather than plastic.







# 6 Resources



**Food-saving apps** can help you **save money** while you **save food**. Explore your app stores to find the ones that work for you.



## Nedbank is committed to a better future for all.

We are committed to helping shape a sustainable future by using our financial expertise to do good for individuals, families, businesses and society.

To do so we take full advantage of every opportunity to assist South Africans in lessening their impact on the environment and to help them save money while doing so. Our series of guides cover everything from smart living and food saving to carbon footprinting and energy efficiency.



### **The Nedbank Smart Living Guide**

An A-Z handbook on how to live a more sustainable life and save money.



### **The Nedbank Water Savings Guide**

A guide to making the best use of every drop of water, packed with tips on how to save water – and money – in your home.



### **The Guide to biodiversity in your garden**

A comprehensive guide on protecting and encouraging biodiversity and water saving in your garden.



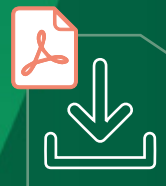
### **The Nedbank Carbon Footprinting Guide**

A practical carbon and water footprinting calculation guide focusing on measuring, monitoring, reporting, verification and carbon tax. This guide is particularly useful for companies, as they need to adhere to carbon tax requirements.



### **The Nedbank Energy Efficiency Guide**

A handy guide to enhance business competitiveness through energy efficiency and management.



**Click here**  
to download  
these guides  
for free.



## Waste less, save more



### Tasty

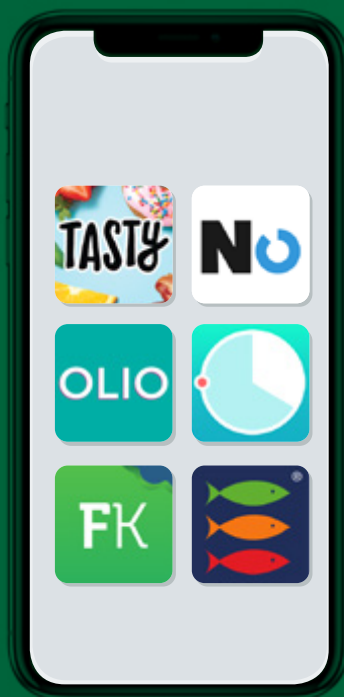
This app lets you select recipes and organises your shopping for you, so you buy only what you need.

### Olio

This 'food sharing' app connects users to 'excess home-grown vegetables, food nearing its sell-by date in local shops, and any unwanted food in households.' It is now operating in South Africa.

### USDA FoodKeeper

Get shelf life information – access valuable food storage information.



### NoWaste

This comes with expiration reminders and a meal-planning feature. It's a food inventory app designed to help you reduce waste and save money.

### Thyme

Get it perfect with this easy-to-use food timer. You can set and keep time for each plate on your stove.

### Sassi

The Southern African Sustainable Seafood Initiative app provides detailed information about sustainable seafood.

Follow

@foodforwardSA | @WWFSASSI | @LFHW\_UK  
@Stop\_Food\_Waste | @wwfsouthafrica



## Online



MAKE A LOCAL  
AND GLOBAL IMPACT

## Grow your food-saving network

[organicismporium.co.za](http://organicismporium.co.za)

Unites a community of consumers, activists, farmers, chefs, artisans and restaurants that support a sustainable food culture in Joburg.

[feedbackglobal.org](http://feedbackglobal.org)

Environmental organisation that campaigns to end food waste at every level of the food system.

[go-organic.co.za](http://go-organic.co.za)

Website, directory and marketing – list of farmers, producers and wholesalers; shops and markets; eateries, delicatessens and caterers; and consultants, organisations and certification bodies.

[fairtradetourism.org](http://fairtradetourism.org)

A network of responsible and sustainable tourism experience providers.

[eventgreening.co.za](http://eventgreening.co.za)

[shadesofgreenevents.co.za](http://shadesofgreenevents.co.za)

[greenstuff.co.za](http://greenstuff.co.za)

[ecopack.co.za](http://ecopack.co.za)

[naturepack.co.za](http://naturepack.co.za)

[ecosmart.org.za](http://ecosmart.org.za)

Choose green  
products for events





### Here is a list of references

All food information and data referenced in the booklet can be found in the documents and on the websites listed below.

<https://hungermap.wfp.org/>

[https://wasteroadmap.co.za/wp-content/uploads/2021/06/17-CSIR-Final\\_Briefing-Note\\_Food-waste.pdf](https://wasteroadmap.co.za/wp-content/uploads/2021/06/17-CSIR-Final_Briefing-Note_Food-waste.pdf)

<https://www.worldwildlife.org/publications/bending-the-curve-the-restorative-power-of-planet-based-diets>

<http://www.fao.org/3/ca9231en/ca9231en.pdf>

<https://remade.co.za/wp-content/uploads/2020/01/South-Africa-State-of-Waste-Report.pdf>

[http://www.heartfoundation.co.za/topical\\_articles/understanding-food-labels/](http://www.heartfoundation.co.za/topical_articles/understanding-food-labels/)

<https://sweetlife.org.za/how-to-interpret-food-labels/>

FAO. 2011. *Global food losses and food waste – Extent, causes and prevention*. Rome: FAO. <http://www.fao.org/3/mb060e/mb060e00.htm>

[http://wwfsassi.co.za/wp-content/uploads/2019/05/SASSI\\_Pocket\\_Card\\_Sept-2018\\_generic\\_Final.pdf](http://wwfsassi.co.za/wp-content/uploads/2019/05/SASSI_Pocket_Card_Sept-2018_generic_Final.pdf)

<http://www.fao.org/3/a-i3901e.pdf>

<https://aspirefg.com/tradition.aspx>

<https://blogs.ei.columbia.edu/2019/04/24/carbon-footprints-different-foods/>

<https://eatforum.org/eat-lancet-commission/>

<https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/>



**These are all excellent sources** of information and advice in their own right, and will be of further help to you on your food-saving journey.

<https://insideguide.co.za/cape-town/sustainable-restaurants-in-cape-town/>

WWF, 2017. *Food Loss and Waste: Facts and Futures*. WWF South Africa. [www.wwf.org.za/food\\_loss\\_and\\_waste\\_facts\\_and\\_futures/](http://www.wwf.org.za/food_loss_and_waste_facts_and_futures/)

<https://www.eatout.co.za/award/2018-eat-out-mercedes-benz-restaurant-awards/>

<https://www.fda.gov/food/nutrition-education-resources-materials/how-understand-and-use-nutrition-facts-label>  
<https://www.globalcitizen.org/en/content/south-africa-female-farmers-vodacom-un-women/>

<https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>

<https://www.onegreenplanet.org/vegan-food/how-to-revive-veggies-and-fruits/>

<https://www.savethestudent.org/save-money/food-drink/keep-food-fresh.html>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext)

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

[https://www.wwf.org.za/our\\_research/publications/?27341/agri-food-systems-facts-and-futures](https://www.wwf.org.za/our_research/publications/?27341/agri-food-systems-facts-and-futures)

[https://www.wwf.org.za/our\\_work/food/](https://www.wwf.org.za/our_work/food/)

[https://www.wwf.org.za/conservation\\_champions\\_list/](https://www.wwf.org.za/conservation_champions_list/)

Nahman, A, De Lange, W, Oelofse, SHH; Godfrey, L 2012. *The costs of household food waste in South Africa*.

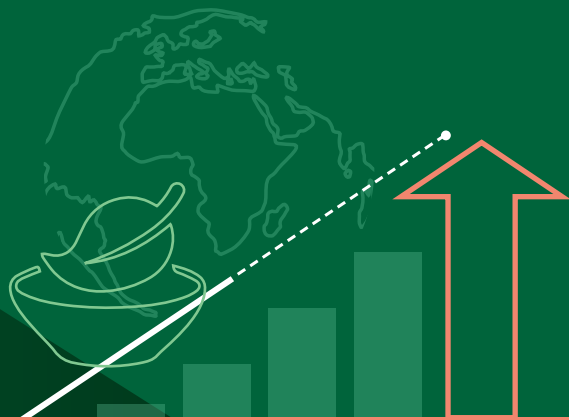
<https://www.csir.co.za/quantifying-cost-food-waste-south-africa>

StatsSA. *Statistics South Africa Community Survey*. 2016.



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# Glossary



Consider switching to a diverse, plant-rich diet. It may seem small but the change will make an impact **on your health and the wellbeing of the planet.**



## Biodiversity

Biological diversity encompasses the variety of all living organisms, the ecological roles they perform and the genetic diversity they contain (FAO, 1989). It includes three levels: ecosystem, species and genetic diversity.

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## Food footprints

'Food loss and waste have three generally quantifiable types of environmental footprints: GHG emissions (carbon footprint), pressure on land resources (land footprint), and pressure on water resources (water footprint). These footprints may in turn affect biodiversity.'

For information on the amount of GHGs emitted per unit of agricultural product by country, go to [faostat.fao.org](http://faostat.fao.org).

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## Food loss (unintended)

This is a decrease in the quality or quantity of food. It occurs before food gets to a consumer, ie the production, storage, processing and distribution phases.

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## Food security

According to the World Food Summit, 'food security exists when all people, at all times, have physical and economic access to sufficient, safe, nutritious food to meet their dietary needs and food preferences for an active and healthy life.' (FAO, 1996).

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## Food waste

This is a decrease in the quality or quantity of food. It is food that is consciously discarded at retail and consumption stages, ie edible food that is wasted.

## Food supply chain

'This consists of: (i) agricultural production and harvesting, slaughtering or catching; (ii) post-harvest, slaughter or catch; (iii) storage; (iv) transportation; (v) processing; (vi) wholesale and retail; and (vii) consumption by households and food services. Agricultural production, harvest and post-harvest, slaughter or catch operations refer to activities where produce is still on the farm or the producer's premises. Post-harvest, slaughter or catch operations include cleaning, grading, sorting and treatments (eg for disinfestation on the farm or in a packing facility). Processing includes primary processing operations (eg drying, dehusking, deshelling), which often take place on the farm and secondary processing (product transformation). The moment food is consumed or removed from the food supply chain defines the endpoint of that chain.'

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## Food system

'A system that gathers all the elements (environment, people, inputs, processes, infrastructures, institutions, etc) and activities that relate to the production, processing, distribution, preparation and consumption of food along with the outputs of these activities, including socioeconomic and environmental outcomes.' Read the full report at [fao.org](http://fao.org).



**For more information  
about Nedbank's approach  
to sustainability visit  
[nedbank.co.za](https://nedbank.co.za).**

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