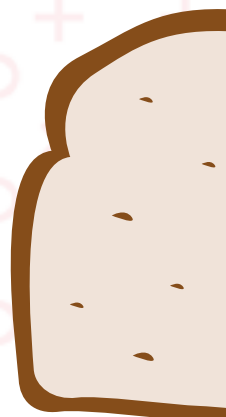


USE UP DAY

Holiday Hack Pack



in partnership with



WELCOME TO THE HACK PACK

This resource is packed full of ideas and information to come in handy to you and your family and hopefully save you some money along the way. There are delicious recipes based around the bits and bobs often leftover at the end of a week, that can be chopped and changed to fit the ingredients you have left. Alongside family friendly activities and ideas to help keep the kids busy this summer.

KEY STATISTICS

51%

of parents find it stressful to source ways to occupy their kids during the summer break



72%

want to do more activities with their children that are both fun and educational



Three quarters

of UK households (77%) say they throw away unopened or unused food

More than a third

(37%) do so on at least a monthly basis



A staggering **half a million**

people are throwing away food they forgot to eat or never opened on a daily basis

Save up to **£260**

a year by introducing a weekly Use Up Day

45%

want to take steps to reduce the amount of food they waste at home

Food waste doesn't just impact our pockets, it is also a major environmental threat, contributing to around

8 percent of the world's greenhouse gas emissions

The research also revealed the top food items that are most commonly wasted in UK homes. Such as: chicken breasts, potatoes, sliced bread, lettuce, milk and bananas



Will you take on the Use Up Day family challenge?

USE UP DAY

Introducing a Use Up Day - in short, helping families spend less on food, making the most of what's left, by using up ingredients hidden away in the fridge and cupboards. The Use Up Day ethos is all about not letting ingredients go to waste unnecessarily. In addition, it is about giving families unique ways to keep the children entertained whilst offering a fresh spin on meal-times.

Half of parents surveyed say finding ways to occupy their children during the summer break is stressful and almost 6 in 10 are worried about doing this on a budget this summer

Choosing A Use Up Day

Your Use Up Day should ideally be the day before you need to do a food shop.

When planning, think about:

- When you typically go for your main food shop?
- What evening you're usually at home?
- When everyone in your household is together?



Helping to make Use Up Day as easy as 1, 2, 3...

Make it official - mark it on the calendar or put a reminder on the fridge. Creating a sense of ceremony around the day will help get the kids engaged

Do a stock take - call upon your little helpers to forage through the fridge and the freezer and scout through those store-cupboards, so you know all the items that need using up and those ingredients and food products you may have even forgot you bought in the first place - we're looking at you nutmeg

Get planning - once you have got your items to use up, flick through the recipes in this pack, dig through the Tesco recipe archives or use the handy Recipe Finder (pop in the ingredients you have and it will do the work for you) and get planning a Use Up Day feast

Get the kids cooking - this pack is full of recipes the kids can join in with but for younger chefs in particular, you can get them mixing, stirring or measuring as safe first steps into cooking

Scavenger hunt - here's a great way to entertain the kids for an hour or so. Set up a treasure hunt by hiding tins, cans or jars around your house or garden. Set the kids searching, with a prize for whoever can find the most items - we'll leave the prize to you!



FRESH FOOD

Whether the last bits of fruit or the odds and ends left in the fridge, some Use Up Day fresh food recipe inspiration:

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Also makes a great base for homemade pizzas - why not throw a Use Up Day pizza party for all the family - kids get to choose their favourite toppings!

Hidden Veggie Pasta Sauce

Optional Ingredients

- Tomatoes (fresh, chopped or passata)
- Any vegetables you have
- Herbs/Spices
- Sugar or honey
- Balsamic vinegar
- Chicken or Veg Stock
- Tomato Puree
- Cream Cheese

Method

- Dice onions and garlic, and roughly chop your veg
- Fry onions and garlic until soft, add sugar, vinegar, puree or herbs and fry for 1-2 minutes
- Add veg, mix well and fry briefly, then add tomatoes and stir
- Add stock or water, bring to the boil then simmer for 20 mins until veg is soft
- Remove from heat, allow to cool, then blitz with a hand blender or in a food mixer until smooth
- Add any chosen additions and season to taste



Freeze in ice cube trays for easy lunches and dinner for little ones

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Add a tangy kick to ice lollies by adding lemonade or another fizzy drink to the mix

Those Last Bits Of Fruit

Leftover Fruit Ice Lollies

- Peel and chop fruit, blend with any yoghurt, honey, sugar, milk or water
- Pour into moulds, or trays, and freeze for 4 hours

Find more ice lolly ideas [here](#)

Anything Goes Smoothies

- Chop fruit and add to blender with juice, yoghurt, milk, crushed ice or water
- Pour and serve

[Click here](#) for more smoothie inspiration

Super Simple Cheat's Crumble

- Mix equal oats, sugar and butter or margarine, with any nuts and combine until a crumble
- Chop fruit or assemble frozen or canned fruit and mix with sugar
- Grease a tin, spread fruit evenly and top with crumble
- Bake at 180c until golden and bubbling, leave to cool and then serve



Leftovers Stir Fry

Optional Ingredients

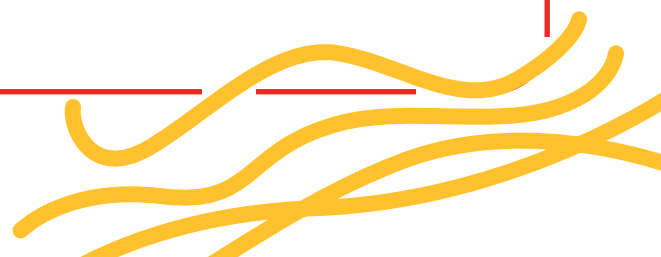
- Leftover meat (or go meat-free!)
- Onions
- Spring Onions
- Carrots
- Cabbage
- Broccoli
- Leafy Greens
- Mushrooms
- Ginger
- Garlic
- Chilli
- Peas
- Any noodles (or use rice)
- Soy Sauce
- Cornflour
- Coriander
- **Sweet sauce:** Honey, Maple Syrup, Sugar or Golden Syrup
- **Sour sauce:** Lime or Rice Vinegar

Method

- Assemble ingredients, chop veg and any meat or fish you're using
- Mix soy sauce with sweet and sour ingredients, add any additions, and leave to one side
- Fry veg in a large pan until soft, pour sauce over and combine
- Add meat and cook until piping hot
- Serve with rice or noodles and garnish to taste

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Fridge foragers at the ready - get the kids to dig out all those bits of veg to see what needs using up



CUPBOARD ESSENTIALS

A tin of this and a can of that, raid those cupboards for whatever you have left, and get dinner planned with these recipe ideas:

Souper Risotto

Core Ingredients

- Rice (risotto, arborio or long grain)
- Can of soup (mushroom, cream of chicken, cream of tomato, pea & ham etc)
- Stock (vegetable, chicken or use water and some milk)

Why not try Tesco's cheesy ham and pea risotto recipe

Additional Ingredients

- Leftover meat
- Leftover cheese
- Leftover veg
- Frozen peas, sweetcorn or vegetables
- Herbs and spices

Method

- Dice veg and cut meat into small pieces
- Cook onions in a pan with butter/oil then add veg
- Add rice, cook for 1-2 minutes then pour in soup
- Simmer and add a ladle of stock, or water, at a time
- Repeat until cooked through, then add any frozen veg
- Season and serve with chosen garnishes



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Empty cans need not go straight into the recycling, check our crafts section for some family-friendly fun

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The trick to risotto is to keep stirring so it doesn't stick and burn on the bottom of the pan - recruit the kids for this super important job

Tortilla wraps are one of the most commonly thrown away items - make your own tortilla chips to help use them up [Check out this recipe](#)

Brilliant Baked Beans

Super Simple Nachos

- Arrange crisps on a tray and top with beans and cheese
- Bake at 180 until the cheese melts
- Remove, add any toppings and serve

Sausage, Bean And Cheese Melts

- Cut rectangles of pastry and spoon bean mix onto one side, leaving an edge - alternatively cut tortilla wraps in half
- Top with cheese, fold over and firmly crimp edges to seal
- Brush with egg or milk, bake at 180 until golden

French Beans On Toast

- Beat eggs until combined
- Coat bread with egg and fry until golden on both sides
- Top with beans and serve



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This is a great recipe to get the kids cooking as it is great messy fun that doesn't need to be neat and tidy

Odds & Ends Rocky Road

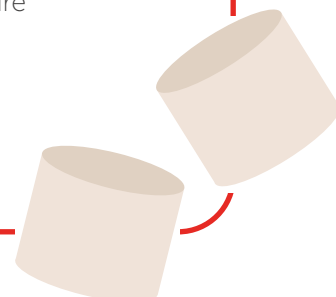
Optional Ingredients

- Butter, margarine or oil
- Chocolate (dark, milk or white)
- Biscuits
- Popcorn
- Raisins or dried fruit
- Nuts
- Marshmallows
- Chocolate bars or pieces

Method

- Break or chop dry ingredients then mix in a bowl
- In a separate bowl, gently melt chocolate with butter/margarine/oil
- Combine both bowls
- Line a tin with baking paper and add the mixture spreading evenly
- Set in the fridge for at least 2 hours then serve

Add in pieces of their favourite chocolate bars or sweets for a special treat



USE UP CRAFT IDEAS

Use Up Day isn't just about food, keep the kids busy with these marvellously creative craft ideas using waste packaging and materials:

Confetti Canon

Materials

- Packaging tube, plastic bottle or kitchen roll/ cardboard tube
- Scissors
- Tape
- Balloon
- Paper
- Pens, crayons or paint

Method

Adult Supervision Required

- Remove lids and cut the bottom off the tube or bottle
- Cut the narrow end off a balloon, stretch over the tube tightly attaching with tape
- Decorate and fill with paper or other makeshift confetti
- Pinch the centre of the balloon, pull back and **FIRE**

No Time For Waste

The ideas are all about reusing, reusing, reusing - but always make sure to recycle any materials that are leftover or finished with, to ensure that nothing goes to waste!

Tins, Cans & Jars

Wash out any recycled materials and leave to dry

Adult Supervision Required

Tin Can Telephone

- Punch a hole through the bottom of both cans
- Thread string through the holes, tying a knot inside to attach

Yoghurt Pot Monsters

- Creating your own army of mini monsters out of recyclable yoghurt pots, by decorating with paper, pens, paints and other items attachable with glue or tape



Jazzy Jars

- Clean out empty jars and remove the sticker by soaking them in soapy water. These can be then used to:

Decorative Picture Frames

- Cut a picture to size and fit inside the jar

Upcycled Lanterns

- Add fairy lights to a jar
- Why not host a summer evening fairy party

Miniature plant vase or terrarium

- Line jar with pebbles, add dried sphagnum/moss then a damp layer of potting soil
- Decorate and gently mist until a layer of excess water develops in the pebbles
- Loosely place the lid on the jar

Creepy Crawlies Container Hotel

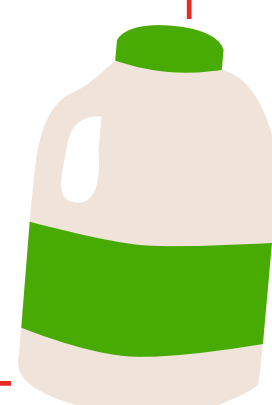
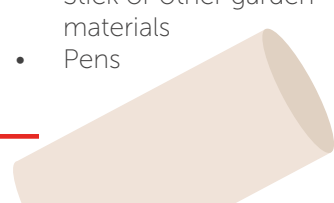
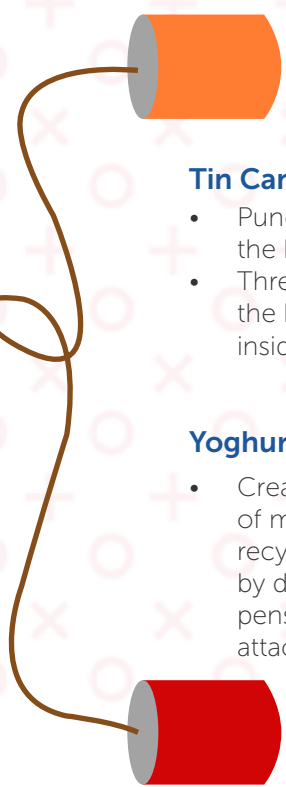
Materials

- Plastic Milk bottle or juice carton
- Cardboard
- Toilet roll tubes
- Scissors
- Stick or other garden materials
- Pens

Method

Adult Supervision Required

- Cut out one side of the milk bottle or carton
- Place stones at the bottom then layer sticks and garden materials with folded cardboard or toilet roll tubes
- Decorate the exterior and put somewhere hidden in the garden
- Check back in a few weeks to see if you have any visitors





MORE RESOURCES

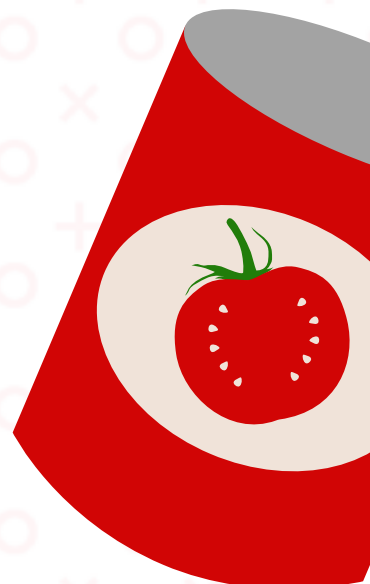
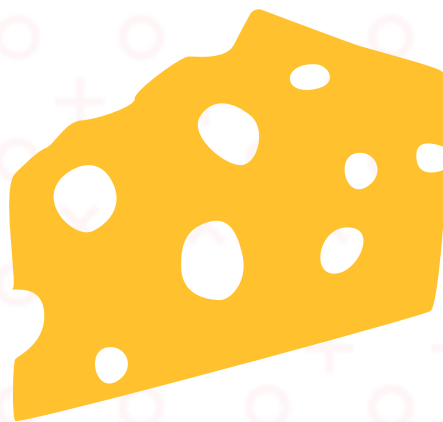
Got some ingredients you don't know what to do with? Check out the [Tesco Recipe Finder](#) for some tea-time inspiration

For further tips on how to use up certain ingredients you can check out the [Tesco Reduce Food Waste hub](#)

Could do with an ingredient or two? Or have you got some bits you know won't get used? Check out the community app Olio. Connecting individuals with neighbours and businesses, Olio allows you to source ingredients and offer out any you have spare. Half of all food added to the app is requested within 21 minutes of posting

Plan the rest of your meals leading up to your next food shop, with ease, using the [Tesco Meal Planner](#)

Cheese, fruit, herbs, milk - **Not sure on exactly what you can and can't freeze?** Get the most of your freezer with this [handy guide](#).



**Diy.
On a
Budget.**

TESCO