

The UK's leading care home food specialist

HOW TO REDUCE WASTE.

Guidance to help you reduce wastage, cut costs
and make your kitchen more sustainable.

We care, because you do.



LESS IN THE BIN. MORE IN YOUR BUDGET.

By reducing food waste, you can cut costs, protect budgets and make your kitchen more sustainable.

Waste caused by excess prep, cooking and ordering, and through incorrect storage, are all avoidable if you shop carefully.

Our specialist care development chefs have therefore put together product listings, plus hints and tips, to help you reduce food waste in your kitchen.

We care, because you do.

Danny Silcock, Lead Care Development Chef



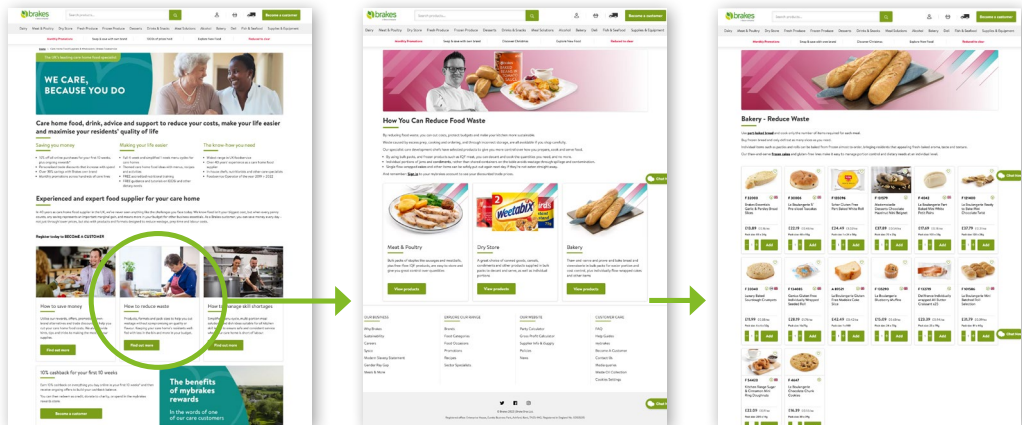
Inside this booklet...

Hints, tips and great-value products, selected by our care development chefs:

MEAT & POULTRY	PAGE 4	DRY STORE	PAGE 10
FISH & SEAFOOD	PAGE 6	BAKERY	PAGE 12
DAIRY	PAGE 8		

Making it easy to find the products you need

On each page we've selected key products from each category. To view the complete range of chef recommendations, visit brake.co.uk/wecare, select 'How to reduce waste', then click through to the relevant category.



MEAT & POULTRY.

Meat and poultry are essential centre-of-plate items and ingredients across your menu cycle – and they're also some of your highest-priced regular purchases. Reducing waste in preparing and cooking them can therefore make a big difference to your overall food costs.



HINTS & TIPS

- Using IQF frozen mince lets you cook only the amount you need and no more
- Our extensive range of cooked joints and meat save cooking time and energy costs, and are easy to portion accurately
- Consider showing residents pictures of the day's main meal ahead of time so you can cook an appropriate amount of the protein dish



Brakes Healthier Choices British Red Tractor 10% Fat Beef Mince - F 104878

This IQF mince is fully prepared and ready to cook from frozen, making it easy to decant and cook the exact quantity required.



Brakes Gluten Free Cooked Pigs in Blankets - F 3564

Pre-cooked and ready to reheat from frozen, saving energy. Delivered free-flow to use as required, minimising wastage.



Brakes Essentials Pork Sausage Eights - F 3572

Ideal for breakfast, but just as good with mash and gravy for main meals. Supplied in free-flow packs, suitable for deep frying or oven cooking from frozen.



Small pack sizes allow for easier storage when chiller/freezer space is limited, and avoid wastage through spoilage, or exceeding use-by dates.

To view the full range visit brake.co.uk/wecare and follow the links to How to reduce waste. See page 3 for details.

FISH & SEAFOOD.

Versatile, cost-effective and perfect for texture modification, fish is central to care home catering. Our frozen fish and seafood products – the largest range in UK food service – are supplied ready to cook, so there's no wastage in prep, and come in formats and pack sizes to help you cook the precise quantities you need.



HINTS & TIPS

- Smaller pack sizes and free-flow products give you complete control over quantities
- Strongly flavoured products such as smoked fish are great for diminishing buds – plus a little goes a long way, so you need less of them!



M&J Seafood Diced MSC Natural Smoked Haddock Fillet - F 125334

Skinless, boneless MSC Smoked Haddock Fillet diced into 15mm IQF cubes, making it easy to take out and cook as much as you need and no more.



M&J Seafood Scottish Hot Smoked Peppered Mackerel Fillets - F 32412

Supplied in packs of two making them easy to manage, the fillets can be defrosted then eaten cold or served warm. Strongly flavoured and an excellent source of Omega-3.



Smoked Salmon Trimming - C 134945

Skinless, cold oak-smoked farmed Atlantic salmon, vacuum in a small 250g pack is a simple, no-waste solution for starters, buffets, salads and sandwiches, adding to sauces, pies or blending with cream cheese.



Nostalgic favourites like fish fingers are popular with many residents - and everyone looks forward to weekly fish and chip nights.

To view the full range visit brake.co.uk/wecare and follow the links to How to reduce waste. See page 3 for details.

DAIRY.

Dairy products are essential in care home catering, but they're also highly perishable, so vulnerable to wastage through over-buying, going over their use-by date, or incorrect storage. Our range of pack sizes makes it easy to pick the right products to suit your resident numbers and meet specific individual dietary needs.



HINTS & TIPS

- Skimmed milk powder allows you to make up exactly as much as you need, and also saves on fridge space
- Good-value source of calories compared to perishable products like cream or cheese
- Using liquid egg reduces the amount of waste going into your bins, reduces prep time and eliminates possible contamination with eggshell



Philadelphia 165g - C 71138

The famous full fat soft cheese is great for fortifying dishes: the small 165g pack size means you won't be left with lots to use up!



Millic Gold Double 1ltr - C 120586

This blend of buttermilk, vegetable fat and dairy cream is another great fortification option. Ambient storage before opening saves fridge space.



Oatly No Sugars Oat Drink - A 148544

Supplied in small one-litre packs, this product can be stored ambiently until it's opened. A perfect solution if you have a few residents with a dairy intolerance.



Many residents require fortified food and drink to provide additional energy and protein – dairy products make this process simple.

To view the full range visit brake.co.uk/wecare and follow the links to How to reduce waste. See page 3 for details.

DRY STORE & DELI.

In care homes, matching pack sizes to resident numbers is vital to reducing food waste. Our extensive range makes that job a lot easier. We also have simple solutions to the problem of wastage through spills and contamination of shared condiments, which is a particular issue in care homes.



HINTS & TIPS

- Smaller pack sizes and free-flow products give you complete control over quantities
- Strongly flavoured products such as smoked fish are great for diminishing buds – plus a little goes a long way, so you need less of them!



Colman's Mint Sauce 165g - A 134183

We supply these small 165g jars in packs of eight: experience shows this is often more economical and less wasteful than large 2ltr jars, which are rarely used up completely.



Brakes Clear Blossom Honey Portions - A 29379

Putting out these individual portion packs, each containing 20g of clear honey, instead of larger jars helps reduce waste and contamination.



Maggi Rich & Rustic Tomato Sauce 800g - A 115043

Made with sun ripened tomatoes, onion, garlic and herbs, this is a great base sauce save time and avoids the potential wastage of buying and prepping small quantities of separate ingredients.



Don't forget our exclusive Brakes Instant Food Thickener, which can be added to hot and cold, sweet and savoury dishes for simple, reliable texture modification.

To view the full range visit brake.co.uk/wecare and follow the links to How to reduce waste. See page 3 for details.

BAKERY.

We offer a complete range of over 500 breads, baps, baguettes and sweet baked goods to cover every meal occasion, including snacks. Pre-portioned cakes can be easily cut in half for residents with smaller appetites.



HINTS & TIPS

- Use part-baked bread and cook only the number of items required for each meal
- Individual items such as pasties and rolls can be baked from frozen almost to order, bringing residents that appealing fresh-baked aroma, taste and texture
- Our thaw-and-serve frozen cakes and gluten-free lines make it easy to manage portion control and dietary needs at an individual level
- Buy frozen bread and only defrost as many slices as you need



Schar Gluten Free Part Baked White Roll - F 135096

These crusty white rolls can be oven cooked from frozen in their packaging or zapped for 70 seconds in a microwave. Individually wrapped to help prevent cross contamination.



La Boulangerie Mini Batched Roll Selection - F 101586

Fully baked flour- and sesame-topped mini white rolls and mixed seed-topped malted rolls, frozen in packs of nine. Perfect with soup or filled.



Brakes Essentials Thick Square Sliced Wholemeal Loaves - F 102445

Square-shaped 800g tin loaves supplied frozen, with a seven-day shelf life once defrosted.



All our frozen sliced breads have a minimum five-day shelf life once defrosted, so no need to overload your freezer!

To view the full range visit [brake.co.uk/wecare](https://www.brake.co.uk/wecare) and follow the links to How to reduce waste. See page 3 for details.

ALL THE SUPPORT YOU NEED.

In today's challenging conditions, you still need to meet your residents' individual, often complex needs.

We also provide a range of free support including IDDSI guidance and accredited nutritional training, allergen and dietary guidance, menu cycles plus themed menus, recipes and activities to help maintain residents' wider health, wellbeing and quality of life.

You'll find all these resources and more on our dedicated webpages at brake.co.uk/wecare



For more products, guidance and support to help you meet the other major challenges facing UK care homes today, please see our accompanying booklets:



HOW TO SAVE MONEY.

Practical guidance, products and support to help you cut costs while meeting your residents' needs.



HOW TO MANAGE SKILL SHORTAGES.

From simplified menu cycles to meal solutions and dish ideas - suitable for all skill levels to help you maintain a safe, consistent service.

Available to download from brake.co.uk/wecare

“With Brakes as our main supplier, we’ve benefited from greater savings, new ideas and solutions, regular updates on equipment, product lines and added-value products and services.”

Chris Burdett
Head of Food & Beverage, Signature Senior Lifestyle Ltd

YOUR NEXT STEP.

To enjoy all the benefits of working with the UK’s leading care home food specialist:



- Scan the QR code or visit brake.co.uk/wecare and follow the links to ‘Become a customer’
- Call us on 0344 873 0736
- Email us at customer.services@brake.co.uk

We care, because you do.

