



REUSE KIT

'HOW TO' GUIDE

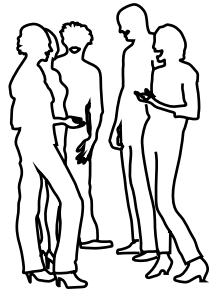
#DontBeTrashy

Hubbub are a behavioural change charity that work across a number of areas including food, fashion, neighbourhoods and homes. We help inspire people to make healthier, greener lifestyle choices, which more often than not help save money and bring people together. This reuse kit is part of the **#DontBeTrashy** campaign, a collaboration between King's Sustainability and Hubbub to help you reduce waste and improve recycling in your residences, whilst helping you to save money on the way.

Thank you for taking part and we hope you enjoy this kit.

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A young woman with long brown hair, wearing a blue and green plaid shirt and a white apron, is focused on rolling out a piece of dough on a wooden surface in a kitchen. She is using a rolling pin. In the background, there is a black kitchen sink with a modern faucet, a window with a wooden frame, and various kitchen items like a loaf of bread and some vegetables. The scene is brightly lit, suggesting a sunny day.

SECTION 1

**Kit contents and
guide explanation**

Welcome

Welcome to your new King's College halls. No doubt you're busy unpacking and settling into new exciting student life. Like you, we've also got some new beginnings and there are a few things we need to tell you about. Every year the UK wastes around 10 million tonnes of packaging and half of this comes from our homes. Not this home though. At King's College London we want to make it as easy as possible for you to cut down your household waste, so we've created the ultimate reuse kit to start you off. It's called #DontBeTrashy and it'll also save you food, time and money, because we know those things are important when juggling your studies. Please use it and let us know what you think.

If you want to get more involved, join the King's Sustainability Team as they host 'social media takeovers' on Twitter and Instagram and encourage more King's students to reduce waste and #DontBeTrashy. You'll also be invited to write a blog about your experiences, and can even join us at an event during Sustainability Week to share tips with other students. Through these activities the Sustainability Team will help you develop key skills that can help your employability.

What's in the kit?



Tote Bag



Net Bag



Reusable Water Bottle



**Resuable
Coffee Cup**



Tupperware



**Reusable
Straw**



**Reusable
Cutlery**



**Spaghetti
Measurer**



Food Hugger



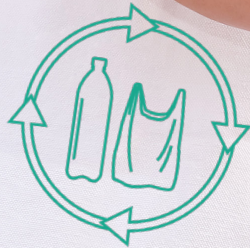
Bag Clips



Recipe Cards



**Shampoo / Soap Bar
and Tin**



#DontBeTrashy

Brought to you by KCL SUSTAINABILITY
and HUBBUB



SECTION 2

‘On-the-go’
essentials

'On-the-go' Essentials

Life as a student in London means you're 'on-the-go' a lot, travelling to and from lectures and seminars, the library, gym and socialising. There are really easy ways to reduce plastic waste, and save money – the following items from your kit are essential.

Tote Bag: There are bound to be moments when you need to carry home items that won't quite fit in your main bag, or when you decide to do a last minute food shop on the way home from a lecture.

Keeping a foldable tote bag on you is an easy way to prevent buying plastic carrier bags when you are on the go, or in an emergency occasion where your main bag splits. By keeping this inside your day-to-day bag, you will always be prepared for carrying anything extra, instead of trying to juggle textbooks on a busy tube!

Water Bottle: Leading a student lifestyle means you're bound to be busy studying and socialising, and something students tend to forget is to stay hydrated throughout the day – essential for a healthy body and mind.

The average Londoner uses 175 single-use plastic bottles a year – and only half of them get recycled! Filling up your water bottle is so easy in London, with over 5000 Refill stations, you can also download the Refill app to locate one wherever you are! Download the King's Mobile app on your phone to easily find the refill points across our campuses too.

Coffee Cup:

Currently the UK throws away 2.5 billion disposable coffee cups every year, and only a small percentage of these are recycled. By using your Keep Cup, you'll prevent wasting single-use cups, as well as enjoying discounted coffee from the majority of coffee shops around London.

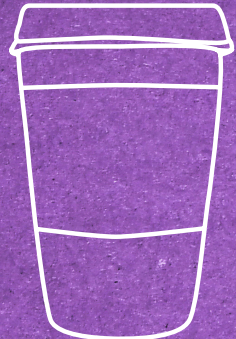
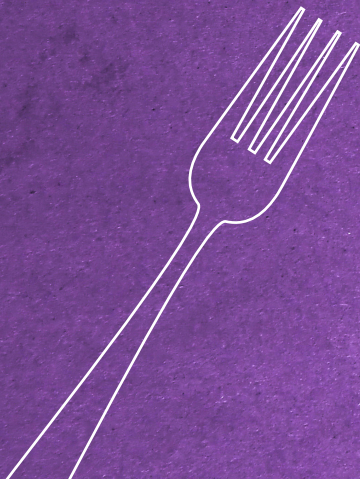
Tupperware: Buying lunch 'on-the-go' everyday can be quite expensive, however you can easily make your own lunch and bring it out with you. This is also a great way to avoid wasting leftovers from the day before. They're also great to freeze leftovers in.

Reusable Straw:

There's just something about straws that makes drinking that bit more fun! Reusable straws are great for consuming drinks on-the-go. Your straw has a food-grade silicone tip which ensures that you won't burn yourself when sipping hot tea or coffee. It is also angled like the single-use straws you're used to, and comes with its own cleaning brush with natural palm fibre bristles.

Reusable Cutlery:

Having your own reusable cutlery is extremely useful when eating on the go. Your bamboo cutlery set is super lightweight and works just as well as any other plastic equivalent, but can be used over and over again.





SECTION 3

Food shopping

Food Shopping

Food shopping for one person can be tricky when you haven't done it before, and you may overbuy, wasting food and money. However, by planning ahead for the week you'll become a pro in no time.

Meal Planning:

Think about what meals you want to make for the week ahead, and write this down in a notebook or on your phone. Try to think of what meals include similar ingredients, to ensure you don't buy and waste certain types of food.

Shopping List:

Make a shopping list before you leave the house and take it with you to avoid overbuying. There are many apps which are great for this, such as Google Keep, where you can tick each item you've found as you go along. This way you won't miss anything from your list, and once you get into a routine of what you need, you can use the same tick list each time. You can also take a 'shelfie' (a picture of your fridge or cupboard shelf) to remember what you already have at home when shopping for food.

Using a Net Bag:

Almost a third of plastic packaging in supermarkets, are non-recyclable and difficult to recycle. You can easily save your money and food waste by buying your fruit and veg loose and carrying it in a net bag. Using a net bag from your kit is a simple way to protect and separate loose fruit and veg while food shopping! This is also perfect for buying from Fetch Ur Veg, the student run food co-op at KCL.



Recipes

Cooking together as a flat is a great way to bond, share meals and save money. The recipes below are a good place to start, and you'll be surprised at how much money you can save instead of ordering a takeaway. Shopping together as a flat for a shared meal will also make the weekly shop more fun. Make all your friends jealous by Instagramming photos of the delicious meals you create, and encourage them to #DontBeTrashy too.



BASIC PIZZA DOUGH

Nothing beats making your own pizza dough. It tastes amazing and can be frozen for future meals. The average Domino's takeaway pizza costs a whopping £15.99. This pizza costs only 50p and contains 247 kcal per serving, compared to 868kcl in the average takeaway pizza!

Ingredients

- 120g wholemeal flour
- 120g plain flour
- 5g dried active yeast
- ½ tsp salt (optional)
- 1 tbsp sunflower or olive oil
- 200-220ml slightly warm water
- Toppings: 85ml passata/ pack of mozzarella/ basil

Method

1. Sieve both flours into a mixing bowl and add the yeast and salt/ Mix well to combine.
2. Make a well (an egg cup sized indent) into the middle of the dry ingredients and add the oil, followed by most of the water. Make sure the water isn't too hot, stay well below 49°C or else you might kill the yeast.
3. Mix well from the centre, outwards, to form a supple dough.
4. Grab a wooden spoon and rub with cooking oil a few inches from the end and up, use this to stir your dough. If the dough is very wet and sticky, add a handful of flour. If it's dry and cracking, add a splash more water.
5. Flour your worktop and take your dough from the bowl, sprinkle lightly with flour. Knead well for a few minutes, you'll feel it becoming soft and supple and springy in your hands. If you're unsure about the kneading process, have a quick look at online tutorials and you'll soon master the technique.
6. Place a small amount of oil on the palms of your hand to stop the dough sticking.
7. Once you've kneaded your dough, pop it back in the mixing bowl and cover with cling film or a tea towel. Leave in a warm room for 90 mins- 2 hours.
8. Tip out onto the floured worktop and roll it out.
9. Carefully lift up your base and drop it onto a floured baking tray. Turn the oven on to 180°C/ gas mark 4. Leave to prove for 15 mins to get one last rise.
10. Add your desired toppings, then cook for 15-18 mins in the centre of the oven, cooking time will partly depend on the thickness of your topping. For the topping use passata, basil and mozzarella and any other toppings you like.



DIRTY MUSHROOM BURGER

Veggie burgers sometimes fail to live up to the task. This one doesn't. Two portobello mushrooms sandwiched around a tasty mix of herby goats' cheese, and golden breadcrumbs. It's genuinely delicious and isn't trying to be anything it's not. Cook this for only £2 a serving and only 228 kcal compared to 800kcal in the average beef burger!

Recipe courtesy of SORTEDfood

Ingredients

(Makes 2)

- 4 portobello mushrooms
- 100g goat's cheese
- 70 ml double cream
- 250g button mushrooms
- 2 cloves garlic
- 2 tbsp olive oil
- 50 g fresh breadcrumbs
- 2 sprigs thyme
- 2 slices edam cheese
- 2 brioche buns
- 1 tbsp tomato
- 1 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 baby gem lettuce, leaves separated
- 1 beef tomato
- 1 red onion

Method

1. Before barbecuing, remove the stalks from the portobello mushrooms. Beat the goat's cheese with the double cream to get a slightly looser, lighter mixture. Peel and mince the garlic. Remove the stalks and finely chop the button mushrooms. Heat oil in a frying pan over a medium high heat. Add the button mushrooms and the garlic. Fry until the mushrooms are soft and dry.
2. Add a little more oil if it was all used for the mushrooms, then throw in the breadcrumbs and the thyme. Toss and fry until golden brown and crisp. Stir the breadcrumb mixture into the goats cheese then scoop it into the cavities of the mushrooms. Stack 2 mushrooms on top of each other, with the cheese mix from both meeting in the middle. Repeat to get two full mushroom burgers.
3. To cook, drizzle a little oil over the mushroom burgers. Place the mushrooms onto the grill and press down using a spatula. Cook for a few minutes, then turn 90°C and cook for another 2 minutes, pressing down every so often. Turn and repeat, then when the mushrooms are cooked and the filling is gooey, give it one final hard press with the spatula, letting the middle ooze and really flattening the burger.
4. Construct by placing the edam slices onto each burger and let it melt. Slice the buns in half crossways and put them on the grill. Let them blacken slightly and crispy up before removing. Combine the tomato ketchup, mayo and mustard. Spread the sauce over the top and bottom of the buns. Layer up the lettuce leaves, burger, tomato slices and onion slices. Top with the bun and serve!



JERK CHICKEN KEBABS

These delicious kebabs will bring a little Caribbean flavour to mealtimes. You'll need 8 wooden skewers to make them. At just £2.70 a serving these kebabs are a great treat, and much healthier than the take away alternative. These wraps constitute one of your five a day and are only 557 kcal compared to 1,066 calories for the average takeaway doner kebab.

Planning: make extra marinade and prepare extra chicken thighs in a freezer bag. Marinate in fridge as per recipe then remove excess air from the freezer, seal and freeze. Thaw properly before use.

Ingredients

(Makes 4)

- 4 British chicken breast fillets, cut into large pieces
- 3 lemons: 1 cut into wedges, 2 juiced
- 500ml low-fat natural yogurt
- 45g jerk paste
- 1 red onion, cut into wedges and halved
- 30g fresh coriander, roughly chopped
- 125g cabbage, shredded
- 1 tbsp wholegrain mustard
- 2 carrots, peeled and grated
- 4 plain flour tortillas
- 8 wooden skewers

Method

1. In a large bowl, mix together the chicken, the juice of 1 lemon, 250ml yogurt, the jerk paste, red onion and half the coriander. Allow to marinate for 10-15 minutes.
2. Preheat the grill to medium-high. Meanwhile, thread the chicken and red onion on to the skewers with a few of the lemon wedges. Put under the grill for 10-15 minutes, turning halfway through, until golden and cooked through.
3. Create a slaw by mixing together the remaining yogurt, the shredded cabbage wholegrain mustard, carrots and the remaining lemon juice. Season with freshly ground black pepper. Warm the tortillas through in the microwave or under the grill for 1 minute.
4. Serve the skewers with the tortillas and slaw, then garnish with a sprinkling of coriander.



TARKA DAAL

At a cost of just 60p a serving, it's a delicious and healthy Indian dish that is super easy to make and freezes really well. This serves 4 and makes the perfect comfort food supper for a rainy evening. It's super nutritious and just 478 calories a serving compared to the 1,249 kcal in the average takeaway chicken tikka masala.

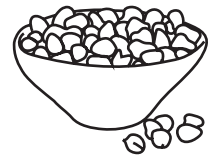


Ingredients

- 1 onion
 - 1 carrot
 - 2 tomatoes chopped
 - 1 pack of chana daal (washed)
 - 2-3 green chillies
 - 2 tbsp veg oil or coconut oil or butter
 - 1 bulb garlic
 - 1 inch ginger
 - 1 tsp mustard seeds
 - 1 tsp cumin seeds
 - 1 tsp turmeric
 - 1 tbsp dedicated coconut
 - Fresh coriander
-

Method

1. Cover the daal with water and simmer gently with the onion, tomato and carrot until cooked, around 35-40 minutes.
2. When cooked season with salt and pepper.
3. Chop the garlic, chilli and ginger.
4. Heat the oil over a medium heat and add the rest of the ingredients. When coloured nicely add to the cooked lentils and stir in.
5. Stir in the chopped coriander just before serving.





EGG PAD THAI

This is a great easy meal to make if you fancy getting a take away. At just £1.36 per serving this a great alternative to getting a Thai takeaway. Add tofu or extra vegetables for a filling meatless meal. Just 359 calories per serving compared to 940 calories for the average takeaway pad thai!

Ingredients

- 200g dry rice noodles
 - Vegetable oil for cooking
 - 2 eggs
 - 1 clove garlic
 - 1 small chilli
 - 2 spring onions
 - 1/6 shredded white cabbage
 - 1 tbsp tamarind paste
 - 1 tbsp white vinegar
 - 2 tsp caster sugar
 - 1 tbsp soy sauce
 - Packet of peanuts
 - 1 lime
-

Method

1. Soak the dry noodles in warm water for 10 minutes.
2. Place 2 tbsp of vegetable oil in a wok until it is smoking.
3. Then add a smashed clove of garlic and small chilli chopped until it starts to colour, and the two eggs and scramble in the pan.
4. Next add the rest of the veg and cook for two minutes.
5. Add the soaked noodles and stir fry.
6. Add all the wet ingredients and cook until reduced and sticky.
7. Serve with some chopped peanuts sprinkled over and wedges of lime.



SECTION 4

Food waste

The difference between ‘use by’ and ‘best before’

It's important to follow **‘use by’** dates. The **‘use by’** date is found on perishable foods that could make us ill if we eat them after this date. **‘Best before’** dates refer to quality, rather than food safety and eating food after this date is unlikely to be harmful. Eggs are the only exception, which must be consumed before their **‘best before’** date. Though it can be hard to schedule our lives around these dates, many perishable foods can be frozen. You don't need to freeze foods on the day of purchase; they can go into the freezer any point up to their **‘use by’** date.



Portion Planning

Getting your portions right helps reduce food waste and saves you both time and money.

General guide to an average adult portion:

- Beef, lamb, pork: 100g
- Chicken, fish, turkey: 140g
- Milk: one pint is generally enough for 4 bowls of cereal.
- Potatoes: 5 small potatoes constitutes an average adult portion.
- Rice: 75g – 80g (1/4 of a mug).
- Bread: a pre-cut, large loaf of bread usually contains 20 slices. This allows you to prepare 10 sandwiches.
- Pasta: 100g is a general rule of thumb. If you're making spaghetti, use the spaghetti measurer included in your kit.
- Lentils, chickpeas, beans: 3 heaped tablespoons (80g).

For more guidance on portion planning, visit:
<http://www.lovefoodhatewaste.com/portions/everyday>

Storage

Food Huggers:

When it comes to cooking meals, there are so many occasions where you'll only use half an onion, pepper, lemon etc. The food huggers in your kit are made to fit tightly around food, preventing exposure to air, so your food lasts longer. There are four different sizes included in the kit, so you are bound to find one suitable for whatever you need to cover. By using a food hugger, you'll prevent wasting half-used food bought on your weekly-shop, and in turn, save your student budget too.

Bag Clips:

Just like the food huggers, bag clips will become an essential in the kitchen for keeping the 'crunch in your cereal' and the 'life in your loaf'.

Store Your Food Right



Fruit & Veg: these should be kept in the drawers at the bottom of the fridge (in their original packaging or a loosely tied bag). The exceptions are onions, potatoes, bananas and whole pineapple, which should be kept in a cool, dark place, but not the fridge.

Bananas: keep bananas out of the fridge and away from other fruits. They'll stay firmer and won't ripen as quickly if you keep them in the bag.

Salad: Wrap salad in a loosely tied bag and keep it in the bottom drawer of your fridge.

Bread: keep bread in the original packaging, in a cupboard or bread bin - but not in the fridge! Slice and freeze your bread for a constant supply of fresh toast. Stuck with stale bread? Whizz it up to make breadcrumbs or fry to make crispy croutons.

Meat & Poultry: store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge, so they can't touch or drip onto other food. Follow any storage instructions on the label and don't eat meat after its use by date. Keep cooked meat separate from raw meat. Defrost meat and fish thoroughly before cooking, and cook until piping hot. Never re-freeze raw meat (including poultry) or fish that has been defrosted.

Cheese: keeping cheese in resealable packs, cling film, foil or a plastic tub prevents it drying out. This is particularly important in the fridge.

Fish: cover with cling film and store in the coldest part of your fridge (usually the bottom). Most fresh fish freeze really well. Always freeze in meal-size portions so you can unfreeze just what you need, and label each package with the type of fish, weight or portion size and date of packaging.

Eggs: eggs should be kept at a constant temperature below 20°C. They're best kept in their packaging in the fridge.

Milk: avoid storing milk in the fridge door as it's the warmest part of the fridge. Unopened cartons can be frozen.

Chicken: store raw chicken separately from other food, covered and chilled on the bottom shelf of the fridge. Cooked chicken should be cooled, wrapped well and stored in the fridge away from uncooked meat or fish.

Cereals, pulses, grains: store your dry goods in glass jars or in plastic containers. This keeps them fresher for longer and makes it easier to see how much you have left.



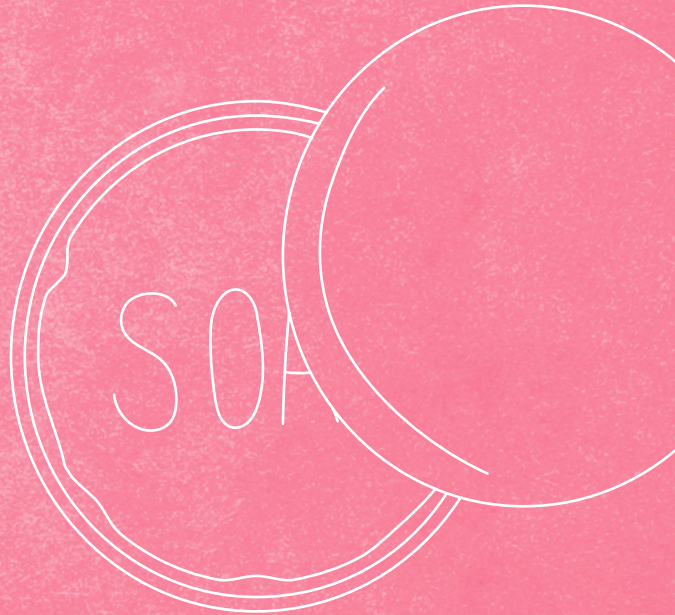


SECTION 5

**Bathroom
essentials**

Bathroom Essentials

An easy way to reduce plastic packaging in the bathroom is to switch from liquid shower gels and hand wash to soap bars. Bar soap doesn't contain as high a proportion of water as shower gels or liquid soaps, so they tend to last a lot longer and are more cost effective. They also have a lower carbon footprint for transporting the product and have fewer chemical products. Your kit includes a soap bar, along with a stainless steel tin to keep in, which is great for when you're travelling back home or visiting friends.





SECTION 6

Useful resources

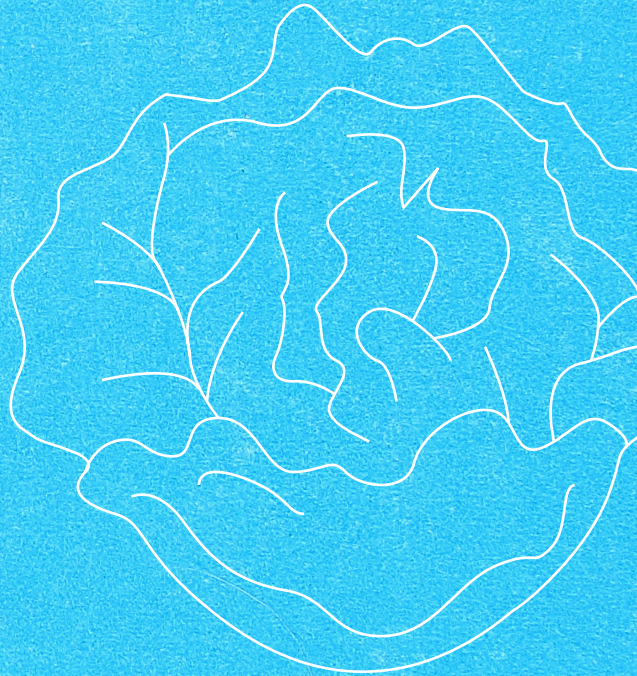
Useful Resources

- **REFILL Water** - <https://www.refill.org.uk/>
- **Fetch Your Veg** - <https://www.facebook.com/FetchUrVeg/>
- **Local food markets-**

<https://www.southbankcentre.co.uk/visit/shopping/markets/scfood-market>

<http://wearewaterloo.co.uk/market>

<https://www.lfm.org.uk/markets/westminster/>





Sign up here to receive the King's Sustainability e-mail newsletter with news, events and opportunities from the Sustainability team: www.bit.ly/2wkakZO

Please remember to fill out the student satisfaction survey at the end of November.

WE HOPE YOU ENJOY YOUR RE-USE KIT

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