

Penylan Pantry delivers food and cost saving tips



Key facts

- New food waste “tips” launched to help customers save more food and waste less.
- Doggy boxes used for leftovers to reduce plate waste.
- “Swap scheme” introduced to share and save food.
- Portion adaptability for customers to tailor choices.
- Radical charity day “food waste charge” plan to raise awareness of food waste concerns.

Baseline data*:

Food Waste = 114g/ cover

Food Waste Cost = 22p/ cover



Summary

The Penylan Pantry is a café that also sells organic fruit and vegetables, bread and other produce. It has a dedicated policy towards food waste and is scrupulous about using every part of its fresh, organic produce on its daily menu.

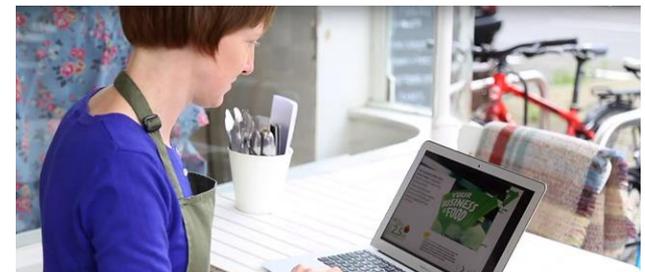
Despite this progressive approach to food and food waste, owner Melissa Boothman found using the ‘Your Business Is Food, don’t through it away’ materials very helpful to her business and enabled her to further improve her waste minimising practices. New approaches adopted include portion size changes, take out boxes and raising awareness of food waste issues to customers.

In addition, a set of waste saving “tips” was designed to help not only fellow businesses but also consumers with an interest in cooking at home.

Food Waste Monitoring			
	Day 1	Day 2	Day 3
Prep	0.60kg	1.10kg	1.60kg
Plate	1.17kg	1.67kg	2.17kg
Spoilage	0.61kg	0.31kgkg	0.01kg
Total Waste	1.21kg	3.08kg	3.78kg

Food Waste Cost Calculator			
	Day 1	Day 2	Day 3
Total Cost	£4.12	£5.33	£6.54
Grand Total			£15.98

Table 2: Real monetary value of food waste weight



Melissa Boothman, owner, Penylan Pantry reviewing the Your Business is Food materials

*Based on Your Business is Food 3 day tracking calculator

Cycle Tour de Force

Penylan Pantry seeks to achieve a complete 'food cycle' by using stock and 'just in time' prepared meals to minimise food waste. Organic fruit and vegetables are brought into the front of shop from regular local suppliers for sale to counter customers each day. Café food prepping begins at 4pm and Melissa and her team select the produce from the shop rack and design the snacks, soups and salads for the next day's short menu at the café. Each dish has a limit and when it's gone- it's gone.

Offcuts of carrot, cauliflower, beetroot and celery leaves are washed and cleaned and used in dishes. Cauliflower is roasted with its leaves, stalks are minced, pepper stalks are 'popped' out, not cut, to save inches of flesh. Oils from sundried tomatoes are used for cooking. "Spoilage is very, very rare", says Melissa. "Soups if not sold, can feed the staff. If there is any left- they take it home."

Cheese that can no longer be sold as it is past its Best Before Date is still safe to eat and used for 'cheesy beans' or cheese on toast. Stale bread is made into breadcrumbs and given to the Scotch egg supplier to the Pantry.

Local allotment holders bring excess produce for Melissa to use in the café. She swaps bread and other foods with them to ensure nothing is wasted. Café coffee waste is taken for allotment compost.

Waste Champion Reviews Practices

Even waste champions like Melissa have discovered that Your Business is Food can help them learn and adapt even more. "Your Business is Food; don't throw it away' is a great resource and it's been really, really helpful here in the kitchen."

Changes Made

Since checking café waste carefully within Your Business is Food (Step 1), Melissa has implemented an Action Plan (Step 2) and adapted portion sizes. They are now tailored according to the wishes of those who order. Take away 'doggy boxes', stocked for take-out salads, are now readily available for leftovers.

"The resources are excellent, really easy to use, really easy to work through, and they're great to use in staff meetings for staff training as well."

Melissa Boothman, owner, Penylan Pantry

Charging Forward

Melissa wants to make the connection between ordering and consumption even more evident to her customers. "Our customers are great; they are enlightened about the moral crime of wasting valuable food and very supportive of what we are doing and the ethos behind our efforts to reduce waste.

"That's why I'm planning a charity day where we charge customers a small amount for any food they leave on their plate and the money generated will be donated to a food charity." says Melissa.

Deliver your Own Savings

Melissa used the Your Business is Food 3-day tracking sheet and calculator to provide some initial insights as to how much the food thrown away was costing her business.

For even more insights and detail, you could use the 7-day tracking sheet over a month with the Your Business is Food calculator tool to get real insight into purchase costs and true cost values for your business.

Access the full suite of Your Business is Food resources [here](#).



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