



eco  
judaism

**FREEDOM**  
FROM  
**PLASTIC**  
AND  
**FOOD WASTE**

Pesach this year falls at the same time as [Earth Day](#) with a “Planet vs Plastics” challenge and [Stop Food Waste Day](#).

For Jews, Pesach is about our journey to **FREEDOM**.

Therefore, this year, let's make more effort...  
Freedom from plastic and food waste!

# A DIFFERENT 4 QUESTIONS

1. PLASTICS – DID YOU KNOW?

2. FOOD WASTE – DID YOU KNOW?

3. HOW CAN YOU ACHIEVE FREEDOM FROM  
PLASTIC AT PESACH?

4. HOW CAN WE ACHIEVE FREEDOM FROM  
FOOD WASTE THIS PESACH?

# 1. PLASTICS – DID YOU KNOW?

- Each year, more than a million marine creatures and other birds and animals die from plastic pollution in their habitats.
- One million plastic bottles are purchased every minute worldwide, while up to five trillion plastic bags are used a year.
- Annual flows of plastic into the ocean could be reduced by 80% by 2040 through the application of existing approaches to reduce our consumption of single-use plastics and the adoption of eco-friendly alternatives.
- Bisphenol A, also known as BPA, used to make billions of plastic beverage containers, dinnerware, protective linings of food cans and toys, is considered an endocrine disruptor, meaning it can both decrease or increase endocrine activity in humans and cause adverse health effects.

*Source: PEW Charitable Trusts 2020 study*

## 2. FOOD WASTE – DID YOU KNOW?

- One third of food produced for human consumption is lost or wasted globally.
- Food waste is central to some of the key challenges facing the world today, including hunger and poverty, climate change, health and wellbeing and the sustainability of agriculture and oceans.
- 25% of the food wasted globally could feed all 795 million undernourished people in the world.
- 8% of all greenhouse gas emissions each year are due to food loss and waste.

Sources: <https://www.stopfoodwasteday.com/en/index.html>  
<https://www.pewtrusts.org/en/>

# 3. HOW CAN YOU ACHIEVE FREEDOM FROM PLASTIC AT PESACH?

## *How to have a plastic free & food waste free seder*

- If you need to use disposable cutlery and crockery for Pesach, consider replacing plastic ones with reusable or biodegradable. If this seems too expensive, maybe consider ordering with others to reduce the overall cost or use leftovers for other festivals.

For example, reusable/compostable

- plates from £5.79\* for 50: <https://singleusealternatives.co.uk/product-category/tableware/plates/>
- forks from £3.49\* for 100 and knives from £2.89\* for 100: <https://singleusealternatives.co.uk/product-category/tableware/cutlery/>
- 100 % recycled napkins £5.29\* for 100: <https://singleusealternatives.co.uk/product-category/accessories/napkins/>  
*\*costs accurate at time of writing, ideas only – other providers are available!*
- Consider some of the simple Pesach recipes further on in this resource to help avoid shop bought plastic packaging where possible.
- Learn more about plastics and what you can do using this great no nonsense guide from the Waste & Resources Action Programme (WRAP): <https://clearonplastics.com/>

See how much waste environmental campaigner Laura Young uses:

<https://youtu.be/y9-rFR2ZZJU>

# 4. HOW CAN WE ACHIEVE FREEDOM FROM FOOD WASTE THIS PESACH?

*When it comes to food waste there are 3 general rules:*

- A. PREVENT
- B. INSPIRE
- C. REPURPOSE

## A. PREVENT FOOD WASTE AT SOURCE

### *Plan meals & shopping ahead of time*

To help you could use this [flexible meal planning guide, portion calculator](#), and follow the tips on this page of the [Love Food, Hate Waste website](#).

Buy loose fruit and vegetables when you shop, to only buy what you need. This also reduces plastic.

### **DID YOU KNOW?**

Choosing loose fruit and vegetables can help reduce food waste by 60,000 tonnes every year.



**That's 8.2 million shopping baskets**

### *Store food optimally*

- Batch cook and freeze. Label so you can use food in date order.
- Most fruit & veg is best kept in the fridge.
- Find more tips on optimal storage on [this page of the Love Food, Hate Waste website](#), and [learn how best to store specific foods on this page](#) (click on the food to see more detail)
- When did you last [check your fridge temperature](#)? Make sure you are keeping your food fresh for longer.

### *CompleAT your food!*

- Learn to completely eat all the edible parts of an ingredient... i.e. learn to COMPLETE it! There are many ideas [here](#) and [here](#) on how to *complete* your food.

*Instead of trying to overhaul your food habits in one day, take action in bite-sized chunks.*

*Simple changes really do add up if we all make a small change today and continue that action every day.*

## B. INSPIRE OTHERS, SHARE YOUR “WASTE LESS” TIPS WITH FRIENDS AND FAMILY

What do you have planned for your seder meal? Can you share ideas for Pesach leftovers with friends and family? Which of your ingredients most commonly go to waste? How can you use them up? You can join the national conversation and find a wider food waste fighting community on

Instagram: [@lfhw\\_uk](#) | Twitter: [@lfhw\\_uk](#) | Facebook: [@LoveFoodHateWasteCommunity](#)

*Let's inspire each other &  
celebrate the wins together.*



## C. REPURPOSE MORE

There are endless creative ways of using your leftovers, so they don't go to waste. Try experimenting with what is in your fridge e.g. use leftover vegetables to make soup.

### *Pesach leftovers ideas:*



#### Egg Yolk Pesach Cookies

– uses up leftover egg yolks



#### Hearty Roasted Vegetable Soup

– uses up leftover vegetables



And how about changing up Pesach lunches with a kugel stack using leftover kugel?

Check out more ideas from the [‘Love Your Leftovers’ Cookbook](#) by Barnet Synagogue.

## Cheese and Spinach Matzah Sandwich

Supplied by Anne Phillips

- Use
  - a pile of any old left-over matzahs
  - 1 kg frozen spinach
  - a tub of cream cheese
  - some grated cheddar plus a little Parmesan
  - 2 eggs
  - oil, salt and pepper.
- Soften the matzahs by running them quickly under the cold tap and then wrapping them in a dampened tea towel.
- Lay the matzahs on a lightly oiled baking tray, tearing them to cover any gaps.
- Put the defrosted spinach mixed with the eggs and cheese and plenty of salt on top and spread evenly.
- Put another layer of matzahs on top, brush with oil and beaten egg, and finish with more grated cheese and Parmesan.
- Bake in the oven at 180 degrees until the top is golden and crunchy. Serve warm or cold - ideal for packed lunches or picnics.
- You could also try fresh spinach, but the frozen is tried and trusted. Or if you don't like spinach at all, substitute tinned salmon or tuna.



Uses - leftover matzahs

## Banana Chocolate Mousse

Supplied by Angela Kirby

### Ingredients

- 3 ripe bananas
- 150 ml cream or oat cream
- 75 ml maple syrup or golden syrup
- 150 g cocoa powder

### Method

- Peel and chop bananas
- Put bananas, cream and syrup into a blender
- Blitz until smooth
- Add cocoa powder
- Blitz until blended
- Transfer into large dish or small individual dishes
- Chill 30 mins



Uses - ripe bananas

## FURTHER RESOURCES

### *Building on your efforts: Other tips for reducing food and plastic waste at Pesach & beyond....*

#### **Pesach Cleaning**

There has been a lot in the press lately about water and whether our rivers or seas are clean enough for us to swim in. Is this all the fault of the water companies discharging too much waste water? Quite rightly, pressure is being put on water companies to clean up their act, but there is also much we can do ourselves to minimise the chemicals that go into our waste water.

Approaching Pesach is a time when we are inspired to clean our houses from top to bottom, and a good time to think about what we use to clean ourselves, our clothes and our houses.

One of the simplest changes is to use an ecological laundry liquid instead of a standard detergent to do our weekly wash, or better still, laundry leaves, which do the job just as effectively. (See: [Best eco-friendly laundry sheets 2023: Fragrance-free to zero-waste detergent alternatives | The Independent](#)). These also mean that you do not have to include heavy boxes of powder in your weekly shop.

Personal care, toiletry and cleaning products can also be harmful to the environment as they can include quite a mix of non-bio-degradable chemicals. There are a wide range of eco-friendly shower gels, shampoos, and surface cleaners, which are easy to source, so look carefully next time you do your weekly cleaning shop.

All of this helps to reduce the pollution in our rivers and seas, and may even give us extra points in our Eco-Judaism audit.

**(Credit to Eco-Corner April 2022 by Cherry Wolfe at Three Counties Liberal Jewish Community. Our gratitude to her, and the 3CLJC community for sharing this resource)**

## Plastics

Toolkit: <https://www.earthday.org/wp-content/uploads/Plastic-Pollution-Primer-and-Action-Toolkit.pdf>

- Go to P23 of the toolkit for to calculate your plastic consumption using a ‘plastic pollution footprint calculator’
- From p25 of the toolkit find out how to create a personal action plan to reduce your plastic pollution footprint
- Some ideas include:
  - Plastic free body care - body wash/ moisturiser/ shampoo and more, contained in compostable or recyclable, plastic free (and sometimes refillable) packaging E.g. <https://kinkind.co.uk/> / <https://www.funkysoapshop.com/>
  - Plastic free toilet paper: <https://uk.whogivesacrap.org/>
  - Avoid face & body washes and toothpastes with “polypropylene” or “polyethylene” on the ingredients list. These are tiny plastic beads that are meant to be exfoliating but end up in the sea/fish and back in our bellies too! Alternatives include, <https://denttabs.com/>
  - Reusable coffee cups and water bottles e.g. <https://uk.keepcup.com/>
  - Disposable to cloth nappies (starter vouchers available): <https://www.thenappylady.co.uk/>
  - Disposable to reusable period protection: <https://www.mooncup.co.uk/> / <https://www.modibodi.co.uk/>
  - Disposable to reusable razors e.g. <https://www.shorelineshaving.com/products/eco-friendly-shaving-kit-with-signature-teal-metal-safety-razor>
  - Disposable to reusable make up removal pads: <https://www.ethicalsuperstore.com/products/fair-squared/fair-squared-reusable-cotton-cosmetic-pads/>
  - There are many other plastic free, ethical options on the market! For example: <https://andkeep.com/> <https://www.lifebeforeplastic.co.uk/>

## Food waste

- Check out the work of Barnet United Synagogue who produced [this wonderful recipe book to help you Love Your Leftovers!](#)
- Take any excess (in date, non-perishable) food to [your local food bank/](#) supermarket collections or to [J Gift](#) who accept sealed food. Contact the office on 020 8457 4429 or email [info@jgift.org](mailto:info@jgift.org) to make arrangements.
- [Click here for more top tips on reducing food waste!](#)
- [22 Food saving wins](#)
- How to complEAT your food!: [Don't just eat it, compleat it! website](#)
- For more guidance: <https://www.lovefoodhatewaste.com/>
- Spread the word! If you are a teacher or educator, consider using this resource to bring the issue to a new audience: <https://www.worldwildlife.org/teaching-resources/toolkits/be-a-food-waste-warrior>

**Note: This pack signposts you to various resources which are for your information and consideration. Please be advised, these haven't been researched by EcoJudaism, and you are responsible for your own choices in their use. Please use it as guidance only, and where necessary consult your relevant halachic authority.**