

How to Reduce Food Waste



With a little forward-planning, you can reduce the amount of food you throw away, and save money! Here are some simple and effective ways to reduce food waste.



About 1/5th of all food purchased is thrown out. This equates to 1 in 5 bags of groceries, or \$345 per household, per year.

Shop smart

- Plan your meals in advance.
- Start in your pantry or fridge and plan with what you already have.
- **Shop with a list.**
- **Buy only what you need.** Don't be tempted by specials or 2-for-1 deals!
- Visit a bulk food store and buy what you need.



Understand expiry dates

Use-by dates are for foods that *must* be eaten by their assigned time for health and safety reasons.
Best before dates are an indication of when foods *should* be eaten for maximum quality. Use common sense before eating something beyond its 'best before' date.

Clever swaps

If a recipe calls for an ingredient you're unlikely to use again, substitute it with one you already have. Plain yoghurt is a great substitute for sour cream or buttermilk. Beans, pulses and lentils are a cheap and nutritious addition to any meal and a great substitute for meat.

Keep it fresh!

Storing food properly keeps it fresher for longer, reducing the amount you need to throw away and saving you money! Check the dates regularly, using oldest items first.

Pantry

- Use airtight containers to store your cereals, grains, sugar, etc.
- Where possible, store pantry items in a cool, dark place. Direct heat and light cause some items to deteriorate more quickly.
- Once opened, some pantry items need to be stored in the fridge, eg. jam, long life milk, tomato sauce.



Fridge

- Set fridge to 3-4°C and make sure the seals are working.
- Eat the food likely to spoil the soonest first.
- Most fruits and veggies love being stored in the fridge. Potatoes, onions, garlic and tropical fruits prefer room temperature.
- Store food in sealed containers.



Freezer

- Set freezer at -18 degrees°C.
- Freeze breads, cakes and biscuits and defrost what you need.
- Freeze and date label cooked leftovers like casseroles, curries, pasta dishes.
- Try and cook from the freezer once a week to ensure food is being used and rotated.



Love your leftovers!

- Put leftovers in airtight containers and place in fridge when cool.
- If you won't eat your leftovers within 3 days, freeze for later. ❄️
- Leftovers make great next-day lunches, saving you time and money! 💰
- A little creativity can create an entire new meal with leftover staples like rice, pasta or quinoa. Why not make a rice pudding, or quinoa patties?
- Reheat leftovers until piping hot. 🔥



Make the most out of a can of chickpeas with these simple recipes!



Aquafaba chocolate mousse

Aquafaba is the brine in a can of chickpeas and can be used to replace eggs in recipes.



Ingredients

100g dark chocolate, roughly chopped
3 tbl vanilla essence
Aquafaba / brine from one can of chickpeas

Method

- 1 Place chocolate, vanilla essence and 1 tbl aquafaba in a bowl over simmering water, and stir until fully melted. Remove from heat and allow to cool.
- 2 Beat remaining aquafaba with an electric mixer for 5 minutes, or until stiff peaks form. The mixture should resemble stiff egg whites. Add 1/4 of whipped aquafaba to the melted chocolate and mix through evenly.
- 3 Tip the melted chocolate into the remaining aquafaba and gently fold through until evenly distributed. Less folding will lead to a lighter mousse.
- 4 Chill for a couple of hours before serving.

-Serves 6-

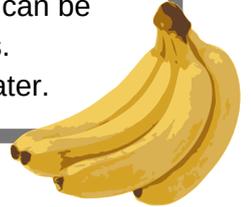
Use everything

- Stems with benefits - you can eat the roots, leaves and stems for many vegetables.
- Freeze raw veggie scraps like onion skins, and veggie ends to make stock.
- Leave the skins on vegetables like carrots, butternut squash and potatoes for extra fibre and nutrients. Just make sure to give them a good scrub first!



Rescue your food

- Revive limp vegetables like carrots, celery, broccoli and asparagus by placing their stems into a glass of water in the fridge.
- Over-ripe bananas and fruit can be used in baking or smoothies.
- If in doubt, freeze and use later.



Pumpkin hummus

Use leftover roast pumpkin or other vegetables to whip up this quick and easy hummus!

Ingredients

150g roast pumpkin
400g chickpeas, drained
3 tbs olive oil, and extra for drizzling
2 tbl tahini
1 clove garlic, crushed
juice 1 lemon
salt and pepper
1 tsp cumin
paprika, to sprinkle

Method

- 1 Blend the pumpkin, chickpeas, olive oil, tahini, garlic and half the lemon juice in a food processor until smooth.
- 2 If mixture is too thick, add more lemon juice.
- 2 Taste and season with cumin, salt and pepper.
- 3 To serve, put hummus into a bowl, drizzle with olive oil and sprinkle with paprika.



Sources:

ownyourimpact.com.au
lovefoodhatewaste.nsw.gov.au
lovefoodhatewaste.co.nz
foodstandards.gov.au

-Please recycle or compost this paper when finished-