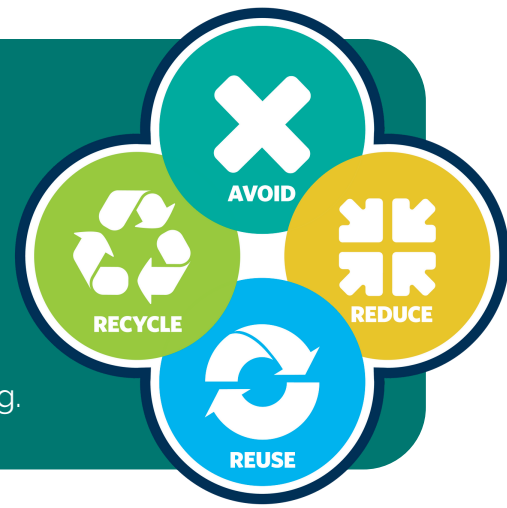


HOW TO

Reduce your food waste

Here are some simple and effective ways to reduce the amount of food you throw away, make your groceries go further and save money - all it takes is a little forward planning.



Did you know?

Australian households throw away about 1/5 of the food they buy. Imagine buying five bags of groceries and throwing one away - every time you shop!

1. BEFORE YOU SHOP

- Take stock of what you have and what needs to be used up first
- Look for recipes that include these items - it's a great way to add something new to your rotation
- If a recipe calls for an ingredient you're unlikely to use again, substitute it with something you already have or buy the exact amount you'll need from a bulk food store instead of buying it pre-packaged.
- Plan your meals and make a shopping list.

UNDERSTAND EXPIRY DATES

Use-by dates are for foods that **must** be eaten by the assigned day for health and safety reasons.

Best before dates are an indication of when food should be eaten for maximum quality. Use common sense before eating something beyond its best before date.

Level up!

Don't waste money on herbs that are only going to wilt at the back of the fridge before you can get to them - grow your own!

Start with mint, parsley and basil - they're easy to grow in small pots and all you need is a courtyard or even a sunny windowsill.

2. AT THE SHOPS

- Stick to your list! Try not to be tempted by specials or two-for-one deals.
- Only buy discounted food that's close to its use-by-date if you plan to use it straight away.
- Buying in bulk only saves you money if you actually use it! Only buy bulk quantities of items that won't perish, like legumes and tinned veggies.
- Shop at your local bulk food store with your own containers - you can buy exactly what you need and you'll reduce your waste from packaging too.



3. IN THE KITCHEN

- Once a week, make a meal that uses up anything that needs to be eaten. Omelettes, soups and stir-fries are great for this.
- Freeze any leftovers in meal-sized portions and label with the date.



4. STORING FOOD

PANTRY

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

FRIDGE

- Set the fridge to 3-4°C and make sure the seals are working.
- Put the food that's likely to spoil first up the front or on a designated shelf and use it up first.
- Store food in sealed containers.

FREEZER

- Set the freezer to -18°C.
- Freeze breads, cakes and biscuits and defrost as needed.
- Freeze any food that won't be eaten in the next three or four days, including cooked leftovers.

Most fruits and veggies love being stored in the fridge. Potatoes, onions, garlic and tropical fruits prefer room temperature.



5. LEFT IT TOO LATE?

- Revive limp vegetables like carrots, celery, broccoli and asparagus by placing their stems into a glass of water in the fridge.
- Over-ripe bananas can be used for baking and smoothies.
- Stale bread can be made into croutons or breadcrumbs.

Level-up!

Save bones and any trimmings from carrots, leeks, celery, onions and parsley to make a rich stock for soups and stews. Store them in an airtight container in the freezer until you have enough.

USE EVERYTHING!

- Leave the skins on vegetables like carrots, butternut squash and potatoes for extra fibre and nutrients. Just be sure to give them a good scrub first!
- Broccoli stems are great in a tray bake or sliced finely in a salad (cut off the tough outer bits).
- Aquafaba is the brine in a can of chickpeas, which can be used to replace eggs in recipes.
- Making a smoothie? It's fine to leave your strawberry tops on!

Have a question about waste?
Call the Recycling Hotline on
9384 6711 and ask our experts!

