

# Food is too good to waste!

## Cut your food waste at home :

- Plan your meals
- Check what you have at home
- Write a shopping list
- Know the difference between use-by and best-before
- Measure your serving size
- Store your food correctly
- Use up your leftovers

## Saving food saves money and the environment!

Find out more at:  
[bit.ly/lovefoodtips](http://bit.ly/lovefoodtips)



Australians discard up to 20% of the food they purchase

That's a total of \$8 billion worth of food each year...

...or around \$1,000 per household every year

The average household bin is 40% food waste.



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every year around the globe  
**1.3 BILLION TONNES OF**



is **lost or wasted**

that is  
**1/3** OF ALL FOOD PRODUCED FOR HUMAN CONSUMPTION

Food loss and waste also amount to a major squandering of resources, including:



water



land



energy



labour and capital

and needlessly produce GREENHOUSE GAS EMISSIONS, contributing to GLOBAL WARMING and CLIMATE CHANGE.

## SHOPPING TIPS



**Plan your meals:** Think ahead and decide what you want to eat for the next few days or week, so you know what you need to have on hand.

**Check your fridge/cupboard first:** Take stock of what you already have, and what needs to be eaten, and use this as the basis of your meals.

**Shop smart:** Make a list and stick to it. Buy only what you need, when you need it, in the size you need it. Avoid impulse buys.

Links:

[www.tinyurl.com/MealPlannerTemplate](http://www.tinyurl.com/MealPlannerTemplate)  
[www.tinyurl.com/MealPlannerWebpage](http://www.tinyurl.com/MealPlannerWebpage)  
[www.tinyurl.com/MealPlannerAp](http://www.tinyurl.com/MealPlannerAp)

## STORING TIPS



**Store in the right place:** Fridge, cupboard or counter? Different foods prefer different climates. Make sure you're keeping the right food in the right place.

**Store the right way:** The way you store food affects how long it lasts. Take produce out of plastic bags, else they'll sweat and spoil. Store herbs upright in water. Keep apples away from other fruits to stop them ripening too quickly.

**Remember to rotate:** When unpacking groceries, remember First In First Out - keep older products at the front, so you use them before newer products. Keep perishables at eye level so you'll see and remember to use them.

Links:

[www.tinyurl.com/WhereToStore](http://www.tinyurl.com/WhereToStore)  
[www.tinyurl.com/FridgeFreezerPantry](http://www.tinyurl.com/FridgeFreezerPantry)  
[www.tinyurl.com/FridgeStorage](http://www.tinyurl.com/FridgeStorage)  
[www.tinyurl.com/FoodStorageTips](http://www.tinyurl.com/FoodStorageTips)  
[www.tinyurl.com/FruitVegStorage](http://www.tinyurl.com/FruitVegStorage)

## COOKING TIPS



**Use 'Top to Tail' and 'Root to Stalk':** Use as much of the food as possible! Eg. leave the skins on veggies, and wash instead of peel your cucumber, carrots, potatoes, etc. Fry up the normally unused leafy ends of veggies like beetroot, for a delicious side dish.

**Avoid portion distortion:** Only cook and only serve on the plate what you can realistically eat. Not sure how much is enough? Start with smaller portions and go back for seconds.

**Keep extra ingredients for next time:** Instead of throwing out leftover ingredients, store them for later. Use leftover rice, pasta or meat as the base for tomorrow night's meal. Liquids like broth or tomato paste can be frozen in ice cube trays to be used later as a sauce base.

Links:

[www.tinyurl.com/ServingSizeCalculator](http://www.tinyurl.com/ServingSizeCalculator)  
[www.tinyurl.com/UnusedIngredients](http://www.tinyurl.com/UnusedIngredients)

## LEFTOVERS TIPS



**Love your leftovers:** Take your leftovers to work or school the next day for a free packed lunch. If you don't want to eat leftovers the day after they're cooked, freeze and save them for later.

**Reinvent:** Don't want to eat the same thing again? Be creative and turn it into something else. Flip through recipe books or search the internet for ideas.

Links:

[www.tinyurl.com/LeftoversRecipes](http://www.tinyurl.com/LeftoversRecipes)  
[www.tinyurl.com/RecipesFinder](http://www.tinyurl.com/RecipesFinder)

## RESCUING TIPS



**Revive:** If you notice food is looking a little sad, give it some TLC. You can revitalise wilted celery by chopping up and keeping in container with water.

**Reclaim:** Just because it looks bad, doesn't mean it is bad! Before you toss it, make sure you can't save it. Avocado gone brown? Scrape 1cm off the top. Cheese gone mouldy? Cut 2cm around and use the rest.

**Repurpose:** Use vegetable/meat scraps for stocks. Use fruit rinds for zest. Chop stale bread into croutons or blend into breadcrumbs. Freeze soft/overripe fruit for smoothies. Use wilting vegetables in soups, casseroles, frittatas, etc. Both wilting fruits and veggies can make delicious, nutritious juice.

Links:

[www.tinyurl.com/RescueTipsByFood](http://www.tinyurl.com/RescueTipsByFood)  
[www.tinyurl.com/RepurposingFood](http://www.tinyurl.com/RepurposingFood)

## DISPOSING TIPS



**Learn the label lingo:** Make sure you know what 'expiry' dates mean. 'Use By' is a safety label - food needs to be consumed by this date. 'Best Before' is just about quality - it's used on goods that will noticeably spoil before becoming an issue. Use a sensory test: looks good + smells good + tastes good = is good.

**Keep track of what you throw away:** For one week, take note of what goes in your trash, then adjust your habits to cut down on what's in your bin.

**Last resort, save it from landfill:** No matter what you do, there will always be some food waste. Try recycling it with a compost, worm farm or bokashi bin.

Links:

[www.tinyurl.com/ShelfLives](http://www.tinyurl.com/ShelfLives)  
[www.tinyurl.com/FoodWasteRecycling](http://www.tinyurl.com/FoodWasteRecycling)