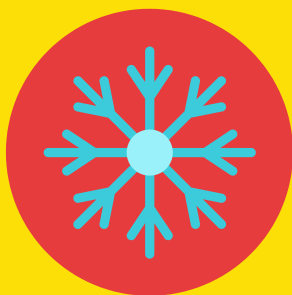




# FOOD WASTE TIPS



## FILL YOUR FREEZER

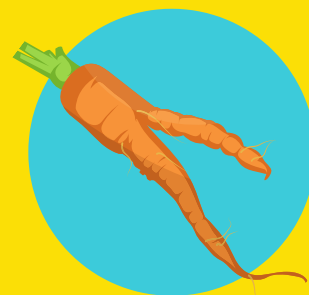
By freezing excess or nearly out of date food in the freezer it will last longer.

Did you know you can even freeze eggs, yogurts, milk and cheese?



## MAKE A SHOPPING LIST

Plan your meals at home and take a list of the required ingredients to the supermarket, so that you only buy what you need.



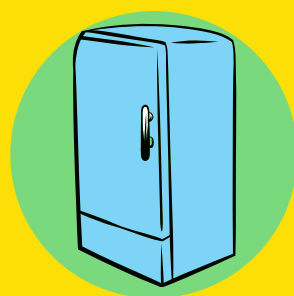
## LOVE WONKY VEG

Fruit and vegetables that are misshapen often get left behind, but they all taste equally delicious. Embrace their uniqueness!



## DITCH THE PEELER

There is so much nutrition in the skins of carrots and potatoes, don't peel them! Simply scrub and clean your vegetables and use everything – even the carrot tops in soups and salads.



## STORE FOOD CORRECTLY

Food past its 'Best Before' date is safe to eat, as this refers to guaranteed best quality - use your judgement.

You should not eat food past its 'Use By' as this refers to safety.



## LOVE YOUR LEFTOVERS

Use up what you already have before you go shopping again.

You can take leftovers for lunch, make soup from spare vegetables or banana bread from overripe bananas – get creative and love your leftovers!