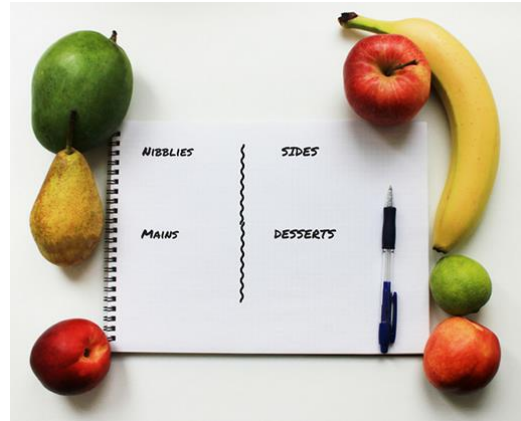


Reducing food waste



Shopping

- Check what you already have or what is available through FoodShare and plan around this.
- Have a list with you when you go shopping.
- Plan two or three nights ahead.
- Some meals can go across two nights ie; baked potato with Chilli Con Carne and Coleslaw and Chilli Con Carne with rice and salad.



- Smart shopping can save you from throwing away thousands of dollars a year in wasted food.
- Don't shop when you are hungry
- If you have kids, allow them to eat a piece of fruit as you walk around the supermarket.
- Remember that bulk-buy deals or two-for-one specials are only good value if you actually end up using everything that's included. It's not a bargain if it ends up in the bin.
- Buy fruit and veg that are in season. They keep fresher for longer and are usually cheaper.

Cooking

Waste-free cooking can be easy and makes cooking more fun and less stressful.

- cook to a meal plan
- get creative to use up ingredients. Search online for those ingredients to get some inspiration.
- If you have left overs, think about when you can eat them. It might be best to freeze in small portions or put in a container for lunch the next day.



Reducing food waste



Food safety

- Keep food out of the temperature 'danger zone'. Between 5 and 60 degrees Celsius is the range where bacteria can cause food poisoning and bacteria can quickly reproduce. Food should be stored in the fridge within two hours of serving.
- Prevent cross – contamination. Always keep raw meats separate from ready to eat food.
- Make sure foods are cooked thoroughly, particularly seafood, poultry and meat.

Storage

Storing food correctly means your items can last weeks or even months longer, but it can be difficult to know what should go where.

Do you keep your eggs in the fridge or pantry? Do tomatoes go in the fridge crisper or fruit bowl?



Here are some tips to get the best out of your food, whether they're in the fridge, freezer and pantry.

Freezer

- Freeze food in sealed containers to avoid freezer burn and contamination.
- Label containers with the date and store food in single or family size portions, so you only need to defrost what you need.

Fridge

- Wait for food to stop steaming before putting it away so that your fridge does not have to work as hard.
- Keep your food in sealed containers to keep it fresher for longer.

Pantry

- Use air tight containers for storing rice, flour, cereal, grains, nuts, sugar and pasta.
- Keep bread at room temperature rather than in the fridge.
- Keep pantry items out of direct sunlight and heat sources like the oven as they will deteriorate more quickly.