Six Tips for REDUCING FOOD WASTE and SAVING MONEY

1. CHECK WHAT YOU HAVE
   - Check pantry, fridge and freezer
   - Check dates and use your senses!
   - Take a ‘Shelfie’ before shopping

   Tip:
   Best before: when product is at its ‘best’ but can still be eaten afterwards
   Use by: When product should be consumed for safety reasons

2. PLAN YOUR MEALS
   - Create a meal plan—
     including a leftovers night
   - Plan your portions
   - Write a shopping list

   Tip:
   Search ‘Love Food Hate Waste Portion Planner’

3. STORE CORRECTLY
   - Create ‘eat me first’ section in fridge
   - Check ingredient storage tips
   - Swap fresh for frozen foods

   Tip:
   Search ‘BCC Smart Food Storage’

4. SHOP SMART
   - Stick to your list
   - Buy exact amounts
   - Only bulk buy if storable
   - Don’t shop hungry

5. COOK WHAT YOU BOUGHT
   - Follow meal plan and portions
   - Enjoy your leftover cooked food again later
   - Get creative with leftovers

   Tip:
   Use ingredients in an ‘anything curry’ or ‘leftover pie’

6. COMPOST AND REPURPOSE WHAT’S LEFT
   - Repurpose unavoidable food waste
   - Compost using organics bins or community composting hubs

   Tip:
   Regrow spring onions from root in a glass of water