

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'

4 STORE CORRECTLY



- Create 'eat me first' section in fridge
- Check ingredient storage tips
- Swap fresh for frozen foods

Tip:

Search 'BCC Smart Food Storage'

3 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