

# Reduce food waste



The average New Zealand family throws away around \$560 worth of uneaten food every year\*.  
Here are some simple ideas to reduce food waste in your home.

- **Plan** your meals and make a shopping list.
- **Rotate** items when unpacking your groceries, older in front and newer products behind.
- **Store** bread and meat in the freezer to extend their life.
- **Keep** food fresh and safe by storing in the fridge below 5°C so food lasts longer.
- **Use** leftover cooked vegetables in a frittata or soup or take as your lunch.
- **Use** brown bananas in baking or freeze for smoothies. Wilted vegetables are great in soups.
- **Save** leftover fruit from your child's lunchbox and give it to them for afternoon tea.

\* sourced from [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz)

