

## A-Z OF FOOD SAVING TIPS

### Avocado

Leave stone in the half you don't need and it will stop it from going brown as quickly

### Best Before date labels

Food with a Best Before date is long-lasting. It should be safe to eat, but may not be at its best quality after this date.

### Budgeting tips

Frozen fruit and vegetables can be cheaper than fresh and you only need to take what you need out of the freezer. Tinned fish - salmon, tuna and sardines - is good for you and cheaper than fresh fish. Stock up on store cupboard basics. Use them to stretch leftovers to create new meals.

### Cereal

Once opened, seal the bag with a clip. Or use an airtight container to keep it fresh. Use up unwanted cereal for crispy cakes.

### Eggs

Eggs are best kept in their box to protect them - in the fridge. Providing eggs are cooked through, they can be eaten a day or two after their Best Before date. Eggs can be frozen, but you must separate yolks from whites first. Use for a nutritious, cheap meal in an omelette, if getting close to the Best Before date.

### Fruit

Store fruit in the fridge, except for bananas and pineapples. Use up wrinkly or soft fruit in smoothies.

### Juice

Make your own ice lollies from leftover smoothie, or apple and orange juice.

### Lettuce

Lettuce should be left in its packaging in the fridge (if it came wrapped) and in the crisper drawer - if your fridge has one. Put lettuce leaves in a tub lined with a piece of kitchen paper to keep them fresher.

### Milk

Freeze semi-skimmed milk in ice cube trays to use when you need it. You can pop them straight into your tea or coffee! Milk near its Use By date can be used up in sauces, puddings, smoothies or custard.

### Mushrooms

The best way to store mushrooms is in a paper bag in the fridge. Fry wrinkly mushrooms in butter or oil for use as a pizza topping. Or use in stews, sauces and casseroles, or freeze them for later.

### Onions

Onions are best stored in a cool, dry, dark place; ideally in a cloth bag. Buy smaller onions. They are often cheaper and there is less waste if cooking for 1. If you only need 1/2 an onion, chop up the rest and freeze to save time when you next need to cook in a hurry.

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### **Pasta**

Cooked too much pasta? Rinse it in cold water and freeze in meal-sized portions. This can be re-heated in a microwave when needed.

Leftover cooked pasta can be kept in a fridge for up to 2 days. It makes great pasta salad!

### **Raw meat**

All raw meat, poultry and fish should be stored at the bottom of the fridge in a clean, sealed container to stop it touching or dripping onto other things. Freeze it before it reaches its Use By date if you know you won't use it up in time.

### **Sandwiches**

Use leftover food as a sandwich filler. Even leftover curry makes a tasty sandwich filling! Did you know you can make sandwiches from frozen bread? They will even defrost by lunchtime, keeping the filling cool.

### **Vegetables**

Put old carrots or soft celery into a glass of water in the fridge to revive them. Add squashy tomatoes to a chilli or pasta sauce.

Vegetables that are past their best will make a great soup. Frozen vegetables from the supermarket are as healthy as fresh.

### **Yoghurt**

Yogurts and fromage frais can be frozen. Mix yogurts with over-ripe fruit, add a stick, pour into lolly moulds and freeze. Add yogurts getting close to the Use By date to smoothies.

### **Use By date labels**

Food with a Use By date goes off quite quickly. It can be dangerous to eat it after this date, even if it looks and smells OK. Plan how you will use up all the food you've bought, before it goes out of date.

### **Zucchini**

Grate into spag bol, chillis etc to increase the amount of veg in your families diet. Store in the fridge and in their original packaging if not bought loose.

## DID YOU KNOW?

Food waste is currently costing  
Australians up to \$10 billion each year.

**\$10  
BILLION**

Australia wide OzHarvest delivers over  
800,000 meals per month with a fleet  
of 30 vans. This equates to 278 tonnes  
each month.

**800K  
MEALS**

Australians discard up to 20% of the  
food they purchase = 1 out of every 5  
bags of groceries they buy.

**= 1/5**



Australian produces enough food to  
feed approx. 60 million people, yet 2  
million still rely on food relief each year.

**2  
MILLION**

The amount of food waste in Australia  
and around the world is roughly one  
third of food produced for human  
consumption gets wasted.

**1.3  
TONNES**

An estimated 20-40% of fruit &  
vegetables are rejected before they  
reach the shelves – because they  
do not match the supermarkets'  
excessively strict cosmetic standards.

**20-40%**



Up to 40% of the average  
household bin is food.

**40%**



OzHarvest provides food to over  
800 charities across Australia. If your  
business is a food provider you can  
donate your excess food.

**800  
CHARITIES**

