

LOVE FOOD *but* HATE WASTE?

Here are some simple tips to help you save money and waste less food

	STORAGE	IDEAS FOR LEFTOVERS
BREAD	Store in your fridge or freezer	Croutons, breadcrumbs, bread & butter pudding
POTATOES	Store in a dark place away from onions	Hash browns, frittatas, shepherd's pie, casseroles
APPLES	Store in the fridge	Stewed apples, apple crumble, apple sauce
BANANAS	Store out of the fridge Peel, cut & freeze ripe bananas	Use frozen bananas in smoothies and baking
CARROTS	Store in the fridge in a container lined with a paper towel to absorb moisture	Carrot cake, fritters, soup, casseroles

DID *you* KNOW?

Bananas produce a gas called ethylene, which is what helps them ripen. When stored next to other fruits or vegetables, this gas can make them ripen too quickly.

Before you shop

- Check your cupboards and fridge to see what needs to be used up
- Plan meals to use leftovers
- Make a shopping list so you only buy what you need

In your kitchen

- Have a "use first" shelf so older food gets eaten quickly
- Check that your fridge is the right temperature – it should be between 1°C and 4°C
- Store your food correctly – find out how at lovefoodhatewaste.co.nz

When you cook

- Only cook as much as your family will eat
- Use leftover ingredients for lunch or the next meal
- Separate food into portions and label before putting into the freezer



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FOOD**
hate waste
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