

FOOD WASTE

Handy tips to save money on grocery bills

What is 'food waste'?

Many people believe supermarkets or restaurants are the biggest source of food waste. But, in reality, it's Australian households that waste the most food - on average, one kilogram or 5.46* litres per person per week. *EPA Food Waste Baseline, March 2019.

This adds up to more than food services, hospitality and institutions (e.g. supermarkets, hospitals and nursing homes) put together.

So how much does this cost? *The average Australian household is throwing away 13 per cent of their weekly grocery spend, equating to \$1,026 each year.*

Avoidable and unavoidable food waste

Food waste comes from two sources: preparing and cooking food; and food we buy to eat but then throw away because it was out of date, stale, too soft or too hard to eat any more.

Some food waste is unavoidable because it's not edible (e.g. egg shells, skins, bones, vegetable and fruit trimmings, cores, peels, pips, stones and seeds).

But half of all food waste can be avoided. Left over pasta and rice are two common food waste items, along with bread, milk, potatoes, cheese, vegetables and salad leaves.

Turn over for **handy tips** that will help save money on the grocery bill each week. This can add up to big savings at home, but will also help the environment.

The big picture - where FOGO fits in

Currently, 5.3 million tonnes of food waste goes into Australian landfills each year, taking up landfill space and producing vast amounts of greenhouse gases.

Many Australians compost their food waste, but for those who don't, local councils all over Australia have introduced a FOGO (Food Organic Garden Organic) kerbside collection service to stop food waste going into landfill.

FOGO turns food waste back into compost for farmers to use.



waste management

It all comes back to U.



Tips to help reduce food waste

Plan around your pantry

- Write a weekly meal plan by first checking your fridge and pantry for food that needs to be used up, then plan meals that include this food. There is a good weekly meal planner template on our website www.wastestartswithu.com.au/faqs under 'Fact sheets and useful tips'
- Make a shopping list only after meal planning for the week and shop smart.

Shop smart

- Buy fruit and vegetable when they are in season, the price will be much lower
- Don't be tempted by specials. Only buy smaller amounts of food that goes off quickly.
- Buy bulk sizes or items on special only for food that lasts a long time, or be ready to freeze it as soon as you get home (write the purchase date on it).
- Check that the 'special' price really is a good deal by comparing the sale price per kilogram is cheaper than a similar product not on special.

Storing food

- When putting shopping away, put it behind the food that needs to be used up first.
- Check your fridge—Is it at the right temperature (between one and five degrees)?
- Follow the rules for storing food e.g. do the vegetables need to be in sealed containers or bags in the crisper, or do they sweat and go off quicker in bags? e.g. green beans need to 'breathe' so leave the top of the bag open.
- Put bread in the freezer and only pull it out when needed.
- 'Use by' dates must be followed, but 'best before' dates mean the food won't taste 100 per cent fresh after this date.

Measure/remember

- Measure the amount of pasta or rice you eat in one meal and write it down to avoid cooking too much next time.

Love your leftovers

- Cook meals that can be easily turned into a new main meal with simple changes (e.g. a new sauce/gravy or put in a pie).
- Use leftovers as a side dish for the next night or put in lunchboxes.
- Some leftovers or vegetable trimmings can be saved in a big container in the freezer. Keep adding leftovers to this tub and when it is full, turn it into stock or soup.

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