

SIX TOP TIPS

How to make the most of your food and save money



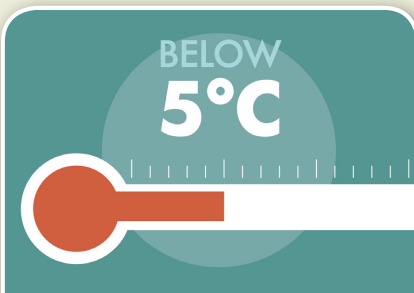
Planning your meals helps you use up all your food. Check your cupboards, fridge and freezer before going to the shops.



Write a shopping list, take it with you and stick to it so you **only buy what you need**.

DATE LABELS

The '**use by**' date is about food safety, '**best before**' just refers to when it's at its freshest.



Is your fridge cool enough? It should be **below 5°C** to keep food fresh for longer. Use a fridge thermometer to check if in doubt.



You can **freeze any food right up to the 'use by' date**, ideal if your plans change.



Keep your apples in the fridge, not the fruitbowl, to keep them crisp and tasty for up to two weeks longer.

Visit lovefoodhatewaste.co.nz to save money with inspirational ideas, easy and cheap recipes, and handy tips.