FREEZE IT!
DO ONE THING DIFFERENTLY

Did you know?
You can freeze pretty much everything!

FREEZE bread?
Use straight from frozen as toast or make sandwiches for work - by lunchtime they'll be defrosted!

FREEZE bananas?
Peel and chop them: perfect for making smoothies!

FREEZE cheese?
Grate it first: great for cheese on toast, omelette, etc.

FREEZE eggs?
But separate yolks from whites first!

FREEZE milk?
You can freeze milk in its plastic container; pour out a small amount (and use in a cup of tea) to allow for expansion. Shake well before using!

FREEZE leftovers?
Cool them fast and freeze as soon as possible!

FREEZE lettuce?
Frozen lettuce will turn to mush!

Use your freezer like a pause button
You can freeze food right up to its use-by date.

NOTICE
Always defrost leftovers completely, either in the fridge or in the microwave. Cook the food within 24 hours of defrosting until piping hot and DO NOT RE-FREEZE!

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