LOVE FOOD but HATE WASTE?
Here are some simple tips to help you save money and waste less food

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What do you do to reduce food waste? Share your top tips with us on Facebook or Twitter @LFHW_NZ

### 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

### 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.

<table>
<thead>
<tr>
<th>BREAD</th>
<th>Store in your fridge or freezer</th>
<th>Croutons, breadcrumbs, bread &amp; butter pudding</th>
</tr>
</thead>
<tbody>
<tr>
<td>POTATOES</td>
<td>Store in a dark place away from onions</td>
<td>Hash browns, frittatas, shepherd’s pie, casseroles</td>
</tr>
<tr>
<td>APPLES</td>
<td>Store in the fridge</td>
<td>Stewed apples, apple crumble, apple sauce</td>
</tr>
<tr>
<td>BANANAS</td>
<td>Store out of the fridge Peel, cut &amp; freeze ripe bananas</td>
<td>Use frozen bananas in smoothies and baking</td>
</tr>
<tr>
<td>CARROTS</td>
<td>Store in the fridge in a container lined with a paper towel to absorb moisture</td>
<td>Carrot cake, fritters, soup, casseroles</td>
</tr>
</tbody>
</table>

IDEAS FOR LEFTOVERS

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