

# 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.



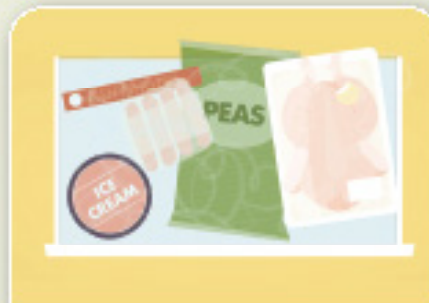
Write a shopping list, take it with you and stick to it so you **only buy what you need**.

## 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](https://lovefoodhatewaste.co.nz)

to save money with inspirational ideas, easy and cheap recipes, and handy tips.

