

TOP 10 FOODS NEW ZEALANDERS THROW AWAY



bread



leftovers



potatoes



apples



chicken



bananas



lettuce



oranges



pumpkins



carrots

THE AVERAGE FAMILY THROWS AWAY

\$563

WORTH OF UNEATEN FOOD PER YEAR!

that's



THREE SHOPPING TROLLEYS' WORTH OF FOOD THAT GOES STRAIGHT IN THE BIN!

\$872,000,000

for



EACH FAMILY IS
TOSSING OUT

79

KILOS
of uneaten food
per year

IT'S LIKE
BINNING

55



SIZE 14
CHICKENS

OR

888

APPLES



SIX SIMPLE THINGS

YOU CAN DO TO REDUCE YOUR FOOD WASTE

PLAN YOUR MEALS AND **BUY** WHAT YOU NEED

Store your bread in the freezer



KEEP POTATOES IN THE DARK

Take your **leftovers** for lunch ✕



STEW FRUIT



or make **SMOOTHIES**



Add leftover chicken
to a **PIZZA**, in a
PIE or in a **PANINI**

