

# TOP 10 FOODS NEW ZEALANDERS THROW AWAY



BREAD



LEFTOVERS



ORANGES & MANDARINS



APPLES



BANANAS



POTATOES



POULTRY



RICE



LETTUCE



BEEF

THE AVERAGE FAMILY THROWS AWAY

**\$644**

WORTH OF UNEATEN FOOD PER YEAR!

that's



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

**\$1.17** FOR  
**BILLION**



EACH FAMILY IS  
TOSSING OUT

**86**

**KILOS**  
OF UNEATEN FOOD  
PER YEAR

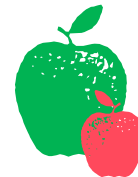
IT'S LIKE BINNING

**62**



SIZE 14  
CHICKENS

OR



**966**  
APPLES

**SIX SIMPLE THINGS**  
YOU CAN DO TO REDUCE YOUR FOOD WASTE

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

SHOP WITH  
A **LIST**

STORE YOUR  
**BREAD** IN THE  
**FREEZER**

**DON'T**  
**PEEL** YOUR  
VEGETABLES

**STEW** FRUIT  
OR MAKE  
**SMOOTHIES**

TAKE YOUR  
**LEFTOVERS**  
FOR LUNCH