### THE AVERAGE FAMILY THROWS AWAY

$6,444 Worth of Uneaten Food Per Year!

That’s $1,177 Billion for Each Family!

Three Shopping Trolleys’ Worth of Food That Goes Straight in the Bin!

### EACH FAMILY IS TOSSING OUT

**86 Kilos of Uneaten Food Per Year**

It’s Like Binning:

- **62 Size 14 Chickens**
- **966 Apples**

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

1. **Plan Your Meals and Buy What You Need**
2. **Shop With a List**
3. **Store Your Bread in the Freezer**
4. **Don’t Peel Your Vegetables**
5. **Stew Fruit or Make Smoothies**
6. **Take Your Leftovers for Lunch**

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**TOP 10 FOODS NEW ZEALANDERS THROW AWAY**

- Bread
- Leftovers
- Oranges & Mandarins
- Apples
- Bananas
- Potatoes
- Poultry
- Rice
- Lettuce
- Beef

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