

LOVE FOOD *but* HATE WASTE?

Here are some simple tips to help you save money and waste less food

BREAD

Store in your fridge or freezer

Croutons, breadcrumbs, bread & butter pudding

POTATOES

Store in a dark place away from onions

Hash browns, frittatas, shepherd's pie, casseroles

APPLES

Store in the fridge

Stewed apples, apple crumble, apple sauce

BANANAS

Store out of the fridge
Peel, cut & freeze ripe bananas

Use frozen bananas in smoothies and baking

CARROTS

Store in the fridge in a container lined with a paper towel to absorb moisture

Carrot cake, fritters, soup, casseroles

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.

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



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**LOVE
FOOD**
hate waste
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