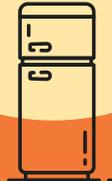


THE 2:2:2 GUIDE FOR LEFTOVERS

YOU'VE GOT 2 HOURS TO PUT THEM IN THE FRIDGE



YOU SHOULD EAT THEM WITHIN THE NEXT 2 DAYS



THEY'LL LAST 2 MONTHS IN THE FREEZER



For more ways to love your leftovers and recipe ideas visit
lovefoodhatewaste.co.nz

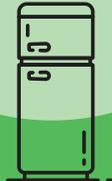
**LOVE
FOOD**
hate waste
NEW ZEALAND

THE 2:2:2 GUIDE FOR LEFTOVERS

YOU'VE GOT **2**
HOURS TO PUT
THEM IN THE
FRIDGE



YOU SHOULD
EAT THEM
WITHIN THE
NEXT **2** **DAYS**



THEY'LL LAST
2 **MONTHS** IN
THE FREEZER



For more ways to love your leftovers and recipe ideas visit
lovefoodhatewaste.co.nz

**LOVE
FOOD**
hate waste
NEW ZEALAND