

Be sure to keep it safe from prying eyes!

1. Globally, if food waste were a country, where would it rank for greenhouse gas emissions?

- A. 10th
- B. 5th
- C. 3rd
- D. 1st

Answer: C – Third! Right behind China and the United States. It's not just emissions that are generated when we send food waste to landfill, it's also the wasted emissions that went into producing it.

2. How many tonnes of edible food do New Zealand households throw away every year?

- A. 75,000 tonnes
- B. 100,000 tonnes
- C. 157,000 tonnes
- D. 200,000 tonnes

Answer: C – Based on Bin Audits (where LFHW NZ sorted through peoples curbside rubbish and separate out the food waste), around 157,000 tonnes of perfectly good food is sent to landfill every year. That's enough food to fill 271 Olympic-sized swimming pools!

3. What's the best way to defrost frozen leftovers?

- A. Leave it on the counter
- B. Use the microwave
- C. In the fridge overnight

Answer: In the fridge overnight. Defrosting in the fridge overnight keeps your food at a safe temperature while thawing, reducing the risk of bacteria growth. Slow and steady wins the race!

4. On average, how many dollars does the average Kiwi household waste in food every year?

- A. \$1,300
- B. \$750
- C. \$2,500
- D. \$3,000

Answer: A – According to the 2025 Rabbobank NZ Food waste survey, \$1,300 worth of edible food per household is wasted every year!

5. How long can you safely keep cooked leftovers in the fridge?

- A. 1–2 days
- B. 3–4 days
- C. 5–6 days
- D. Up to a week

Answer: B – 1-2 days is the safe window before things should be eaten or frozen.

6. What's the best temperature range to keep your fridge at to keep food fresh?

- A. 6–7°C
- B. 2–5°C
- C. 8–10°C
- D. It doesn't matter

Answer: B – Keeping your fridge at this temperature range ensures that perishable foods are stored safely, reducing the risk of bacterial growth and spoilage.

7. What does the "Best Before" date tell you?

- A. When it's unsafe to eat
- B. When it tastes best, but can often still be eaten after
- C. When it was made
- D. When it expires

Answer: B – It's about peak quality, not safety. Trust your senses after this date! Use By dates on the other hand are about safety. You cannot eat food past its use by date.

8. How much of all food produced globally is lost or wasted each year?

- A. 5%
- B. 10%
- C. 20%
- D. One-third

Answer: D – Roughly one-third of all food produced for people never gets eaten.

9. Freezer question! Which of these foods can you safely freeze?

- A. Cheese
- B. Cooked rice
- C. Milk
- D. All of the above

Answer: D – All of them! Freezing is one of the easiest ways to save food from the bin.

10. True or False: It's okay to store hot leftovers directly in your fridge?

- A. True
- B. False

Answer: False. Always cool it down before popping it in the fridge. Follow the 2-2-2 rule: refrigerate or freeze within 2 hours, eat within 2 days, and if frozen, enjoy within 2 months for best quality

LEFTOVER LEGENDS QUIZ



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TOTAL CORRECT: /10

