



TOP 5 FOODS KIWIS THROW AWAY



Vegetables



Bread



Fruit



Poultry



Red meat

The average Kiwi household
throws away over

\$1,000

worth of edible food per year.

That's



three full trolleys straight
in the bin.



Uneaten leftovers

is the top reason for
food going to waste.

Each household
is tossing out

86kg

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

Create an
Eat Me First
Shelf

Take your
leftovers
for **lunch**

REDUCE WASTE, SAVE MONEY LOVEFOODHATEWASTE.CO.NZ

