



# 12 WAYS TO #FIGHTFOODWASTE THIS CHRISTMAS



The average family spends over \$250 on Christmas day lunch alone. Yet, one in five shopping bags end up in the bin! **Follow these simple food saving tips to save money this Christmas.**

**YOU COULD SAVE OVER \$50!**



## BEFORE CHRISTMAS

- 1** Plan your meals and check your fridge before shopping.
- 2** Write a shopping list and stick to it!
- 3** Use up food from your freezer the week before to make room for leftovers.
- 4** Stock up on storage containers, glad wrap and zip-lock bags ready for your leftovers!

- 5** Show your fridge some love and your food will last longer:



Upper shelf  
**LEFTOVERS, YOGURTS, DIPS AND SAUCES**

Lower shelf  
**MEAT, POULTRY AND SEAFOOD**

Crisper drawers  
**FRUIT AND VEG**

**KEEP YOUR FRIDGE AT 4°C OR BELOW!**

## ON CHRISTMAS DAY

- 6** Let guests serve themselves for perfect portions with no waste.



- 7** Get leftovers (especially seafood) into the fridge as soon as you can.

- 8** Peel leftover prawns and store in an airtight container, ready to be used another way on Boxing Day!

## AFTER CHRISTMAS

- 9** Keep whole ham wrapped in a clean damp cloth in fridge or carve it up ready to eat the next day or freeze.



**SAVE THE HAM!**

- 11** Feed delicious leftovers to friends and neighbours, not the bin!

- 12** Use your senses rather than being guided by use-by labels to save good food.



**NO ... DON'T FEED ME THIS CHRISTMAS!**

- 10** Move food that needs eating to the front of the fridge and use up what you have!