



5 TIPS TO FIGHT FOOD WASTE!



1. Create a use it up shelf

Mark out a space in your fridge or pantry with Use It Up Tape™ so you can easily see food that needs using up, or use it as stickers on containers. This tape has proven to help households reduce food waste by 40%!



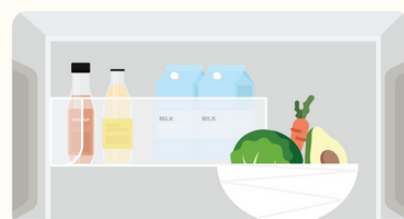
2. Plan ahead and prep

Plan your weekly meals ahead of time. Start by looking through your fridge to see what needs using up first and base your meals around those items.



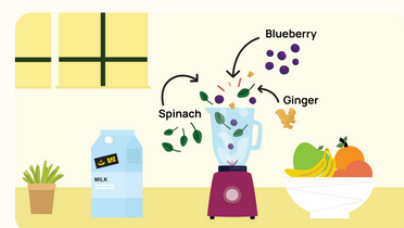
3. Make a list (and stick to it!)

Before shopping, write a list of what you need (check your use it up shelf first) and then stick to it when you're at the shops to avoid overbuying – saving food and your wallet!



4. Store food correctly

Invest in good storage containers to help your food last longer. Butter, condiments and drinks (excluding milk) are best kept in the door. Lower shelves are cooler so ideal for meat, poultry and seafood, check your fridge is set at 4 degrees.



5. Get creative with leftovers

Transform leftover ingredients into something delicious! Leftover meat can become wontons or stir fry, roast vegetables can become pasta sauce or a tart, fruit into smoothies. For inspiration google your ingredients or check out our [use it up recipes](https://ozharvest.org/use-it-up-recipes) at ozharvest.org

Save food, save money, save the planet.

