

FOOD AUDIT AND WASTY RECIPES



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

➡ **Question:** You probably know that Australians throw away 20% of the food we purchase – that’s one in every five bags of groceries we buy– but do you know just how much food you’re throwing away?

➡ **Scenario:** Food waste is a devastating issue all across Australia. Food waste is when any food that could have been eaten by people is wasted or thrown away. Food waste occurs every day in Australian homes.

➡ **Task:** Undertake an audit of your fridge and fruit bowl at home by investigating and recording all the left over fruit and vegetables you find in your home.

IN ORDER TO KNOW HOW WE CAN REDUCE OUR FOOD WASTE, FIRST WE NEED TO KNOW WHAT FOODS WE ARE REGULARLY THROWING AWAY AND WHY.



WHAT TYPES OF LEFTOVERS CAN BE FOUND IN YOUR FRIDGE?

HOW MANY BENDY CARROTS, PIECES OF CELERY, PIECES OF BROCCOLI, CAULIFLOWER OR OTHER VEGETABLES CAN BE FOUND?

HOW MANY PIECES OF BRUISED OR OVER RIPE FRUIT CAN BE FOUND?



WHAT TYPES OF FOOD OFTEN END UP IN THE BIN?

THINK ABOUT THE FOOD ITEMS YOU HAVE IDENTIFIED ABOVE AND NAME 3 WAYS WE COULD AVOID LETTING THESE ITEMS GO TO WASTE. FOR EXAMPLE WE COULD FREEZE OUR LEFTOVERS.

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Task: Be creative and come up with a wasty recipe that could use the fruit or vegetables that might otherwise be wasted, like wilted lettuce, bendy carrots or beans, floppy celery or soft tomatoes.

FIND HERE SOME DELICIOUS INSPIRATION

www.ozharvest.org/fight-food-waste/wasty-recipes/

CHOOSE YOUR FAVOURITE RECIPE WITH FRUIT AND VEGETABLES THAT NEEDS TO BE USED, WRITE OR DRAW THE STEPS INVOLVED HERE

RECIPE NAME:

