

# WHAT CAN YOU DO?

If we all do our bit, we can have a huge impact on the amount of food wasted and create a more sustainable future. There are several ways to combat food wastage in the home and the key is developing good habits.

## HELP YOUR PARENTS WITH MEAL PLANNING

Planning helps manage the budget, makes shopping easier and maximises foods that are high in nutrients, but lower in kilojoules while minimising wastage - win, win!

## LOVE YOUR LEFTOVERS

Love your leftovers! 18.1% of Australians admits to having eyes bigger than their bellies as a factor in their food waste. If you don't eat everything you make, freeze it for later or use the leftovers as an ingredient in another meal. And this isn't just at home - there's no shame in asking for a to-go bag when out for dinner either.



## USE IT ALL

The skin of many fruits and veggies are not only edible but are often jam-packed with nutrients like antioxidants, vitamins and minerals so including them in your meal plan is not only a step to cutting down your waste but has a tonne of added health benefits. If the idea of eating skin isn't overall appealing, a cheeky hack is to chuck your excess - the stalks of greens, or the tops of carrots or strawberries or even over-ripe bananas - in a nutrient-packed smoothie, rather than in the bin.

## UNDERSTANDING 'BEST-BEFORE' & 'USE BY'

Three quarters of Australians admit to binning food due to expiration and spoiling. There's a big difference between "best before" and "use-by" dates. Best Before dates are a guide for when the food is not of the best quality anymore. This could mean that it has lost some nutritional value, but the food is still safe to eat. If something's hit its Best Before date, use your senses to make sure it still smell, looks and tastes fine. If it's bad, you'll probably know immediately.

Use By dates on the other hand, are indicators of food safety. Meaning food past this date are not safe to eat and best discarded. Even if they still look, smell and taste alright, it's best not to tempt fate. However, it's possible to keep products for longer if frozen before their Use By dates.

## STORING SMART

Storing food correctly is another way to not only get the most out of your grocery shop but reduce waste too. Things like herbs will last longer wrapped in damp paper toweling and leafy greens should have any wilted leaves removed before storage. Refrigerating foods like tomatoes and cucumbers which should be kept at room temperature may seem intuitive but it's a surefire way to reduce their lifespan. When in doubt, think about where you found them in the supermarket as an indicator.

## GROW YOUR OWN

Herbs are one item highly perishable item that supermarkets seem to sell only in portion sizes five times too big. While growing your own vegetables may not be feasible for every home or lifestyle but a windowsill herb garden can keep your dishes tastier and mean you aren't left with limp herbs without the excess waste that comes from supermarket sized portions, and you'll be reducing plastic packaging too!

## FOOD WASTE COLLECTION

Use your kerbside food waste collection bin if you have them. If not, why not write to council and ask them to start collecting food waste separately? It's a great way to make a difference 365 days a year.

## HOW WILL YOU STEP UP?

We're calling on you to Step Up and make a pledge towards reducing your waste contribution! Could you Step Up by saying no to straws? To bringing your own waterbottle? To composting? To buying recycled, to choosing not to buy fast fashion or refusing to purchase fruit and vegetables pre-wrapped in plastic?



There are so many ways to Step Up! And thousands of small steps together, make a big difference! Together we can all be part of the solution.

# DIY COMPOST BIN

Modern kids are little environmentalists, so why not encourage their green habits? Composting is the perfect way to recycle and reuse. Get your kids started with this fun project that can be sourced at your local hardware store!

## YOU WILL NEED:

- An adult to supervise and help.
- A large plastic bin with a lid. (A 20 Litre bucket works well for a small compost bin or a garbage bin with lid for a larger bin.)
- Drill (This job for the supervising adult)
- Shredded newspaper
- Soil
- Dried leaves and/or pine needles
- Food scraps
- Water



## INSTRUCTIONS:

1. Drill 8-10 holes about 2.5cm – 5cm apart in the bottom of the bin, and four holes on each side of the bin. This will let air move around the bin to help things decompose.
2. Put the shredded newspaper into the bin, filling it up a quarter of the way.
3. Add soil until the bin is half full. Place a layer of dried leaves or pine needles on top of this to keep your bin from smelling.
4. Bury food scraps into the brown material. A fun way to do this, is to put the lid on firmly and then roll your bin around, if your bin is too big for this you can mix it with a shovel or a stick.
5. Spray the compost with water. You only need to have it damp, not soaking wet.
6. Place your lid firmly on your bin.
7. Keep a small container in your kitchen to fill with food scraps. Every day or so add these scraps to the compost bin along with the same amount of soil and leaves to keep it from getting smelly.
8. Every four to five days, roll the compost bin around or stir the contents with a stick to keep things mixed up. Always keep the compost damp but not soaking wet.
9. Compost will be ready to use in your garden in one to two months. Your plants will thank you for ever!



## ITEMS THAT ARE ACCEPTABLE FOR COMPOST:

- Grass clippings
- Fruit and vegetable scraps
- Eggshells
- Coffee grounds
- Tea bags
- Paper egg cartons
- Shredded newspaper



## ITEMS NOT TO COMPOST:

- Meat
- Fish
- Cat and dog poo
- Bones
- Fats or oils