



Food is wasted when we:

Buy more than needed

Cook too much

Store food incorrectly

Throw away **leftovers**

Did you know that...

- Households spend on average of \$1,036 per year on food that is wasted, across NSW this total \$2.5 billion.
- Most of our food waste ends up in landfill. When food waste breaks down it produces methane – a greenhouse gas 25 times more damaging to the environment than carbon dioxide.
- Wasting food wastes the energy, water and natural resources used to grow, transport and market that food.
- Food wasted due to buying too much, cooking too much and lack of meals planning.

Key Actions

- Plan your weekly menu and shop to a list.
- Check your fridge and cupboard before writing your shopping list.
- Think carefully before buying specials and deals.
- Measure your serving sizes.
- Use leftover food and make them into new recipes.

Always look for the use-by date and check food packaging for correct storage tips.

