

Tips to reduce your food waste

national nutrition week

15-21 October 2023



'With one in six Australian adults experiencing food insecurity we need to work together to reduce food waste in our homes, to make a positive impact in our communities and on the environment.'

Cr Barbara Ward NANSW President

It's estimated Australian households throw **\$2000-\$2,500** worth of food in the garbage **every year**

Delicious Herby Pesto

Extra Virgin Olive Oil
Herbs
Garlic
Salt
Parmesan

Blend all ingredients in a blender or mortar and pestle, add more oil or water to achieve the desired consistency.

Use your pesto to spice up soups, dips, pasta or your mashed potatoes!



Tip 1

Dinner leftovers? Freeze meal sized portions of leftovers saving you time & money. Nothing goes to waste & you have a healthy nutritious home cooked meal versus grabbing take-out.

Tip 2 - Veggie scraps?

Place your scraps to a freezer bag & use then later in a veggie stock or broth. Create tasty veggie stock by using scraps you would usually throw in the garbage. Plus, carrot & beetroot tops, & other root vegetable leaves can be added to the pesto recipe.

Tip 5

Bones can be used for making chicken or beef stock or broth. Bone broth can be simmered on the stove for 12 hours or cooked in a pressure cooker for as little as 1 hour. Add leftover bones to a pot with lemon or apple cider vinegar, herbs, onion & 8 cups of water. Any herbs, spices & vegetables can be added depending on the flavour you'd like to achieve. Plus, frozen veggie scraps & herbs can also be added for an extra zig!

Tip 3 - Abundanc of herbs?

When buying herbs, you don't always use the bunch. So, blend your herbs with a small amount of water or oil & freeze in ice cube trays to use over the coming weeks. Herb ice cubes can be easily added to dishes as you need them or use your leftover herbs to make the Delicious Herby Pesto!

Tip 6

Did you know broccoli stems are edible! Chop & use them in stir fries, soups, stews or chop them fine & put it in your salad for some extra crunch.

Tip 4 - Buying more than you need?

Bulk food stores like The Source Bulk Foods are a great option when you only need a small amount for a recipe. You'll buy amount you need, & reduce leftovers you don't use.