

How to decrease food waste at home, save money and eat well for less.

Recipes sourced and provided by the 2025 Year 9+10 Hungry World students (Sem2), for the benefit of Wantirna College community. Compiled by Ms Watt (Teacher).





## FOOD WASTE: SMALL WASTE, BIG IMPACT





Food waste refers to food that is discarded, lost, or uneaten despite being perfectly edible or safe to eat. This includes food thrown away at home, restaurants, grocery store, and food service businesses, as well as food that is wasted during the production, transportation, or processing stages.





#### CORE MESSAGE

Every year, huge amounts of food are wasted. This harms the environment, creates greenhouse gases, and waste money and resources. By reducing food waste, we can protect our planet and help people who don't have enough food.

#### SOCIAL MEDIA HASHTAG MESSAGE

- · Plan meals and write shopping lists
- · Store food properly so it lasts longer
- · Eat leftovers or freeze them
- · Check the fridge before buying more
- Use foods that are close to their use-by dates
- . Try "Use It Up" lists at home



#### TURN ORGANIC WASTE INTO FERTILIZER.

#### WE SHOULD DO. . .

- Less rubbish going to landfill
- Less greenhouse gas pollution
- Less waste water, land, and energy used to grow food
- Lower food prices and unnecessary spending

## ZERO-WASTE APPLE SKIN MUFFINS

#### Ingredients

- 2 cups apple peels (from Odd Bunch apples)
- · 2 whole apples (chopped)
- 2 cups self-raising flour
- % cup sugar
- 1 egg
- % cup milk
- . % cup oil or melted butter
- 1 tsp cinnamon



#### Method

- 1. Wash apples and peel them keep the peels.
- 2. Chop the peeled apples into small pieces.
- 3. Mix flour, sugar, and cinnamon in a bowl.
- 4. In another bowl, mix egg, milk, and oil.
- 5. Add the chopped apples and apple peels to the wet ingredients.
- 6. Combine wet + dry mixtures.
- 7. Spoon into muffin tray
- 8. Bake at 180°C for 15-2



## APPLE & CINNAMON CRUMBLE

#### RECIPE

- 1. Preheat the oven to 180°c (160 °fan/ Gas 4/ 350F).
- 2. In a mixing bowl, combine the flour, oats, and light brown sugar. Pour over the melted butter and stir with a spoon until the mixture forms crumbly clumps.

125 g Plain Flour, 125 g Rolled Oats, 125 g Unsalted Butter, 125 g Light Brown Sugar

- 3. Peel and thinly slice the apples, and mix with the cinnamon, caster sugar, and water in a 2 litre pie dish.
- 6 Bramley Apples, 50 g Caster Sugar, 2 teaspoon Ground Cinnamon, 2 tablespoon Water
- 4. Spoon over the crumble topping and bake in the oven for 35-45 minutes until golden and the fruit underneath bubbling. Allow to cool for 10 minutes before serving. cinnamon-apple-crumble

#### Ingredients

Metric - US Customary
6 Bramley Apples
50 g Caster Sugar
2 teaspoon Ground Cinnamon
2 tablespoon Water
For the crumble topping
125 g Plain Flour
125 g Rolled Oats do not use
jumbo oats
125 g Light Brown Sugar
125 g Unsalted Butter melted

#### Avocado Caprese Salad

#### INGREDIENTS

PREP TIME

10 minutes

Serving Size 4

1 pint cherry tomatoes 8 ounces mini mozzarella

cheese balls

1 large avocado (pitted and cubed)

¼ cup Fresh basil cut into long strips

2 tablespoons extra virgin olive oil

1 tablespoon balsamic glaze

 Assemble the mozzarella cheese, cherry tomatoes, cut avocado and basil in a serving dish.

 Season with sea salt and freshly cracked black pepper, to taste. Drizzle with olive oil and the balsamic glaze. Carefully toss to coat the ingredients with the dressing. Serve immediately.

Student Code: SPA0063

Original Recipe: https://feelgoodfoodie.net/recipe/avocado-caprese-salad/



## Banana Pancake Recipe

#### Ingredients

- \* 1 cup all-purpose flour
- \* 2 tbsp sugar
- \* 1 tsp baking powder
- \* 1/2 tsp salt
- ★ 1 cup milk+1 Egg
- 2 tbsp melted butter

#### Instructions

- In a bowl, whisk together flour, sugar, baking powder, and salt.
- In another bowl, whisk together milk, egg, and melted butter.
- Pour the wet ingredients into the dry ingredients and stir until just combined.
- Heat a griddle or non-stick pan over medium heat.
- Pour 1/4 cup of batter for each pancake onto the griddle.
- Cook until bubbles form on the surface, then flip and cook until golden brown.

www.kinsleylyons.site.com



#### cucumber and carrot salad with an avocado dressing

#### RECIPE NAME

#### INGREDIENTS

1 cucumber

1-2 carrots

1/2 avocado

60ml plain yogurt

16g cilantro

1 small garlic clove

1/2 teaspoon sea salt

1 squeeze lime juice

2 tablespoons water

NO. OF SERVINGS

2

TIME TO
PREPAR
E

10 minutes

TIME TO

0

TOOLS NEEDED

spiralizer food processor

#### PROCEDURE

For the dressing, blend the avocado with the yogurt, cilantro, garlic, salt, lime juice, and water (as much is needed to get the right consistency) in a food processor or blender until smooth.

Clean the carrot and cucumber (and peel if desired). Using a spiralizer, spiralize the carrot and cucumber into spaghetti-like noodles.

Then, cut the <u>spiralized</u> noodles into smaller strands. A julienne peeler works too.

Place the vegetable noodles in a bowl and top it with the dressing to taste. Sprinkle with the pumpkin seeds to finish.

The dressing is best fresh but you can cover it and store it in the fridge for 2-3 days.

pic0003

https://leelalicious.com/cucumber-and-carro t-salad/#ingredients-substitutions

## RECIPE

PROCEDURE

#### INGREDIENTS

5 capsicum / peppers , large about 12cm/4.5" tall (Note 1)

- x1 tbsp olive oil
- x1 onion, chopped (brown, white, yellow)
- x3 garlic cloves, minced
- #350g (12oz) ground beef (mince), lean
- x1/4 cup tomato paste
- x1 1/4 cups (315 ml) chicken broth/stock, low
- x1/2 cup long or medium grain rice, uncooked (Note 2)
- x1 cup corn kernels (Note 3)
- x1 cup green onions , finely sliced (or red onion)
- x1 1/2 cups (150g) mozzarella, shredded
- x1/2 cup (125 ml) water

**Mexican Spices:** 

- x1/2 tsp cayenne pepper
- x1 tbsp dried oregano
- x2 tsp cumin
- x2 tsp coriander
- x1.5 tsp onion powder
- x3/4 tsp salt

For serving (optional):

- «Guacamole (Note 5 Quick Guac)
- **«Sour Cream**
- x1 tbsp fresh coriander/cilantro, finely

chopped

NO. OF SERVINGS

5 SERVINGS

TIME TO COOK

1:30 HOUR

CREDENTIALS

HTTPS://WWW.RECIPETINEA TS.COM/MEXICAN-STUFFED -PEPPERS/

**ASH0010** 

Preheat oven to 180C/350F.

Hollow Peppers:

Using a small knife, cut around the top of the capsicum at downwards 45 degree angle. Remove top, empty seeds. If capsicum bottoms aren't quite level, cut so they'll sit flat. (Be careful to cut off as little as possible so you don" accidentally cut a hole in the bottom.)

Place capsicums in a baking dish that will fit them snugly (Note 4)

Filling:

Heat oil in a large skillet over high heat, Add onion and garlic, cook for 2 minutes. Add beef and cook, breaking it up as you go, until it's all changed from pink to brown. Add Spices, stir through. Then add Tomato paste and cook for 1 minute.

Add rice, corn and chicken broth. Stir, bring to simmer, place lid on and lower heat to medium low.

Cook for 13 – 15 minutes until rice is JUST cooked – mixture should be fairly loose still at this stage, not thick and stodgy (see video). Stir in green onion.

Fill & Bake:

Spoon half the filling into the prepared capsicums.

Top with half the cheese, then fill to top with remaining beef rice.

Place capsicum lids back on, pour 1/2 cup water into the pan.

Cover tightly with foil, bake 45 minutes.
Remove foil and capsicum lids. Top with remaining cheese. Bake further 5 to 10 minutes, just until cheese is melted.
Serve with sour cream and Guacamole! Quick Guac – Note 5.

## /crispy Carrot Fritters



## Ingredients:

- 2–3 odd-shaped carrots (grated)
- · 1 egg
- 1/2 cup flour
- 1 tsp salt
- ½ tsp pepper
- 1 tbsp oil for frying

### Instructions:

Grate the carrots into a bowl.

Mix in the egg, flour, salt and pepper.

Stir until it becomes a thick batter.

Heat oil in a pan on medium heat.

Spoon small amounts of the mixture into the pan.

Cook for 2-3 mins on each side until golden.

Serve warm with yoghurt or sauce.

Author:GOM0007https://www.thepancakeprincess.com/carrot-fritters/



### Ingredients

#### Cherry filling

- 2 pounds cherries (fresh, pitted and cut in half)
- 1/2 cup sugar (granulated)
- 2 tablespoon cornstarch
- 2 tablespoon lemon juice
- 1/8teaspoon salt

#### Batter

- 1 cup all purpose flour
- 1 cup sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- legg
- ¾ cup milk
- ½ cup butter (unsalted, melted, for the skillet)

#### Directions

- · Preheat oven to 375.
- Cook the cherry filling: Wash and pit your cherries. This process is much faster and easier with a cherry pitter. Slice them in half and add them to a saucepan with the rest of the filling ingredients. Cook them over medium heat for about 5 minutes, stirring occasionally.
- Make the batter: Mix the flour, sugar, baking powder, salt, egg, and milk in a bowl until smooth. Melt the butter in the skillet, remove from heat, then pour the batter in.
- Bake: Spoon the cherry mixture in an even layer over the batter and turn the oven down to 350. Bake for 40 to 45 minutes, or until golden brown.

## CHARRED CORN WITH AVOCADO DIP



#### Description

Char-grilled corn takes this homemade avocado dip to the next level with an burst of sweetness and added depth of flavour.

#### INGREDIENTS

4 pita bread rounds

4 pita bread rounds

2 tbs Woolworths extra virgin olive oil

2tablespoons Woolworths extra virgin olive oil

1/2 tsp sumac

1/2teaspoons sumac

2 corn cobs, husks and silks removed

2 corn cobs. husks and silks removed

2 avocados, halved, deseeded, peeled

2 avocados, halved, deseeded, peeled

1/2 cup coriander leaves (plus extra leaves to

1/2 cup coriander leaves (plus extra leaves to serve)

2 limes, juiced (plus extra lime wedges to serve)

#### METHOD

Step 1

Preheat the oven to 220°C (200°C fan-forced). Line two baking trays with baking paper. Brush both sides of the pita bread with olive oil, then arrange on the trays. Sprinkle with sumac, season with salt, and bake for 10 minutes or until golden and crisp.

Step 2

While the bread bakes, heat a lightly greased barbecue grill or chargrill pan over medium-high heat. Cook the corn, turning occasionally, for 12 minutes, or until charred and tender. Once cool enough to handle, slice the kernels off the cob and discard the cob.

Step 3

Place the avocado, coriander, lime juice, and 2 tablespoons of water in a food processor. Blend until smooth and well combined. Season to taste, then spoon the dip into a serving dish. Scatter the charred corn and extra coriander leaves over the top. Serve with the crispy pita and extra lime wedges.

student code: KAN0033



Adobe Express



- · 3 ripe avocados
- 1 small onion, finely chopped
- 1-2 cloves garlic, minced
- · 1 small tomato, diced
- · 1 lime, juiced
- · Salt and pepper to taste
- Optional: chopped cilantro, minced jalapeño

Mash three ripe avocados in a bowl. Mix in one chopped onion, one minced garlic clove, one diced tomato, and juice of one lime. Season with salt and pepper. Optionally, add cilantro and jalapeño.

Enjoy immediately.

## RECIPE

#### INGREDIENTS

500G WHITE SUGAR
6 (720G TOTAL) LEMONS
WHIPPED CREAM TO SERVE
MINT LEAVES TO SERVE

NO. OF SERVINGS

ABOUT 1.46 OF SORBET

#### TIME TO PREPARE

8 1/2 HOURS

#### NOTES

BEGIN THIS RECIPE A
DAY AHEAD. YOU'LL
NEED A DEEP
4L-CAPACITY AIRTIGHT
FREEZER-SAFE
CONTAINER.

IF YOU HAVE MORE LEMON YOU CAN ADJUST THE BATCH SIZE OF BATCH

#### PROCEDURE

1.PLACE SUGAR AND 4 CUPS (1L) COLD WATER IN A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT. COOK, STIRRING CONSTANTLY, UNTIL SUGAR DISSOLVES AND MIXTURE COMES TO THE BOIL. REMOVE PAN FROM HEAT AND COOL TO ROOM TEMPERATURE. 2.FINELY GRATE THE ZEST OF THE LEMONS, THEN HALVE AND JUICE (YOU'LL NEED 1 1/2 CUPS JUICE). DISCARD ANY LEMON SEEDS. USE A TEASPOON TO SCOOP OUT REMAINING FLESH FROM INSIDE LEMON HALVES AND DISCARD, RESERVING LEMON CUPS. TRIM BASES SO LEMON CUPS CAN STAND LEVEL, THEN TRANSFER TO A SMALL BAKING TRAY, COVER AND CHILL UNTIL READY TO SERVE (SEE NOTE).

3.STIR LEMON ZEST AND JUICE INTO SUGAR SYRUP, THEN TRANSFER MIXTURE TO A DEEP 4L-CAPACITY AIRTIGHT FREEZER-SAFE CONTAINER. COVER AND FREEZE FOR 2 HOURS, OR UNTIL EDGES HAVE STARTED TO FREEZE FIRM. REMOVE AND USE A FORK TO STIR WELL, MASHING MIXTURE AS YOU GO TO BREAK UP THE ICE. COVER AND FREEZE FOR 4 HOURS OR UNTIL EDGES HAVE FROZEN FIRM AND THE CENTER IS ALMOST FROZEN. 4.USE A HANDHELD STICK BLENDER TO BLEND THE MIXTURE IN THE CONTAINER, MAKING SURE BASE OF BLENDER STAVS FLAT ON BASE OF CONTAINER WHILE BLENDING, TO PREVENT AERATING THE SORBET. BLEND UNTIL SMOOTH. COVER AND FREEZE SORBET FOR 4 HOURS OR OVERNIGHT UNTIL SET. 5.SPOON SCOOPS OF SORBET INTO LEMON CUPS, TOP WITH WHIPPED CREAM AND SPRINKLE WITH A FEW MINT LEAUES. SERUE IMMEDIATELY.

## Lemon meringue pie

Serving : 8 servings

Prep Time: 30 Minutes

Cook Time: 35 Minutes

#### Notes:

When it is time to stir the yolks into the filling, work quickly to avoid any lumps.

#### Ingredients:

1 1/2 cup (225g) plain flour
1 tablespoon icing sugar
140 gram cold butter, coarsely chopped
1 egg yolk
2 tablespoon cold water
1/2 cup (75g) cornflour
1 1/2 cup (330g) caster sugar
1/2 cup (125ml) lemon juice
1 1/4 cup (310ml) water
2 teaspoon finely grated lemon rind
80 gram unsalted butter, coarsely chopped
3 eggs, separated

#### Directions:

- 1. Mix dough, chill 2 times (30 min each).
- 2. Blind bake at 200 degrees for 25 minutes total cool.
- 3. Cook sugar, cornflour, juice, and water until thick.
- 4. Stir in rind, butter, and yolks; cool for 10 min.
- 5. Pour into pastry case, roughen surface, and chill for 2 hours.
- 6. Preheat oven to 220 degrees
- 7. Beat egg whites, gradually add sugar until stiff.
- 8. Top pie with meringue and bake for 2 minutes until browned.

## lemon bar (lemon)



### Ingredients:

For the Crust:

1 1/2 cups all-purpose flour

1/4 cup granulated sugar

1/2 teaspoon salt

1/2 cup (1 stick) unsalted butter, cold and cubed

For the Lemon Filling:

1 cup granulated sugar

2 large eggs

1/4 cup all-purpose flour

√s cup fresh lemon juice (about 2)

lemons)

Zest from 1 lemon

1/2 teaspoon baking powder

Powdered sugar (for dusting)

### Instructions:

#### Crust:

Preheat the oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper or lightly grease it.

In a medium bowl, combine the flour, sugar, and salt.

Cut in the cold butter using a pastry cutter or fork until the mixture resembles coarse crumbs.

Press the crust mixture into the bottom of the prepared baking pan to form an even layer.

Bake for about 15-18 minutes, or until the crust is lightly golden.

Lemon Filling:

In a separate bowl, whisk together the sugar and eggs.

Add the flour, lemon juice, zest, and baking powder, and whisk until smooth.

Once the crust is done baking, pour the lemon filling over the hot crust.

Bake for another 20-25 minutes, or until the filling is set and lightly golden on top.

Let the bars cool completely in the pan on a wire rack.

Finishing Touch:

Once cooled, dust the top with powdered sugar.

## Recibe Card Lemon Slice

Serving Add your title

Prep Time :2h 20 mins

Cook Time : 5 mins



#### Ingrediens:

1/2 cup condensed milk 120g butter 200g plain biscuits 1 cup desiccated coconut 2 tsp lemon rind 2 cups icing sugar 2 1/2 tbsp lemon juice

#### Directions:

#### Step 1

Grease a 3cm deep, 15.5cm x 25cm (base) slab pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

#### Step 2

Place condensed milk and butter in a small saucepan over medium heat. Cook, stirring for 5 minutes or until smooth and combined. Remove from heat.

#### Step 3

Using a food processor, process biscuits until fine crumbs. Transfer to a bowl. Add coconut and lemon rind. Stir to combine. Add hot butter mixture. Mix well to combine. Press mixture over the base of prepared pan. Cover. Refrigerate for 1 1/2 hours or until firm.

#### Step 4

Make lemon icing: Sift icing sugar into a bowl. Add butter and lemon juice. Beat with a wooden spoon until smooth and combined. Spread icing over slice. Stand at room temperature for 30 minutes or until icing has set. Cut into pieces, Serve.

Introducing our luscious lemon tart

#### **ingredients**

- Lemons We use both lemon zest and juice for this recipe. You'll need 2 normal size lemons, or 3 smaller lemons.
- Butter Unsalted butter, cut into cubes so it melts more evenly.
- Eggs Eggs are what sets the lemon curd filling into a custard. We're using both whole eggs and egg yolks.
   Yolks add richness which gives the filling a nice and creamy mouthfeel.

Sugar – Caster / superfine white sugar is best, for ease of dissolving. However ordinary white sugar will work just fine here.

steps to make this delicious desert

- 1. Combine ingredients: Put ingredients in a saucepan and whisk together. Turn the stove to a low to medium-low heat. Don't fret about scrambling the eggs the lemon juice and sugar dilutes the eggs enough that they're won't easily set!
- 2. Whisk over low heat: Once the butter melts, it will become a fairly thin and smooth mixture. Whisk constantly so the base doesn't catch, until the mixture thickens in a pourable custard about 5 minutes;
- 3. Check thickness: The above and below photos illustrate the thickness you are aiming for. Use a spoon or spatula to dollop some custard onto the mixture's surface. It should hold shape briefly before disappearing. You could thicken it further on the stove but there's no need. We are going to bake the tart briefly to set it so we can cut neat slices;
- 4. Strain: Pour the custard into a fine mesh strainer set over a bowl, and use a rubber spatula to push it through. This makes the filling completely smooth, and strains out the zest plus any rogue lemon seeds, as well as any bits of the filling that might've solidified on the base of the saucepan.
- 5. Fill pastry case: Fill the tart crust you're using (here's the French Sweet Tart Crust pictured). Shortcrust is also an excellent option, else buy one (a single large or 12 to 15 small individual tart cases):

Smooth the surface: This is easiest to do using a small offset spatula;

Bake: Bake for just 5 minutes. Nothing needs cooking here, it's just to finish setting the custard without getting any colour on the surface. We don't want to bake it any longer because otherwise the filling will overcook and become curdled and dry, rather than soft and custardy;

Decorate as desired! I've used lemon slices, raspberries and mint leaves. I've listed some more decorating options below.



## Stuffed Sausage Nachos



HAW0006

### Ingredients:

tsp chilli powder (optional)

1teaspoons chilli powder (optional)

1/2 bunch coriander, leaves picked

1/2 bunch coriander, leaves picked

1/2 red onion, finely diced

1/2 red onion, finely diced

1 avocado

1 avocado

1 lime juiced

1 lime juiced

2 lime wedges (to serve)

2 lime wedges (to serve)

1/2 tsp ground cumin

1/2teaspoons ground cumin

1 tsp garlic powder

1teaspoons garlic powder

1/2 tsp dried oregano

2 tsp smoked paprika 2teaspoons smoked paprika 2 tbs tomato paste 2tablespoons tomato paste 340g plain corn chips (2 x 170g packets) 340grams plain corn chips (2 x 170g packets) 1 tsp onion powder 1teaspoons onion powder 125g can black beans, drained 125grams can black beans, drained 350g sausages, sliced 350grams sausages, sliced 2 cup dairy-free vegan cheese, shredded 2 cup dairy-free vegan cheese, shredded 2 tsp olive oil 2teaspoons olive oil 1 cup grape tomatoes, quartered 1 cup grape tomatoes, quartered

1/2 tsp salt

### Instructions:

- Place avocado in a bowl with lime juice and season with salt and pepper. Mash to combine into a guacamole and set aside.
- Preheat oil in a large frying pan over medium-high heat. Add sausage and cook for 2 minutes or until starting to turn golden brown
- Add tomato paste, spices, salt, black beans and 2 tbs water and cook for a further 2 minutes or until thick and fragrant.
- Arrange corn chips on a serving plate. Spoon over sausage and bean mix. Sprinkle with cheese and top with remaining ingredients. Add guacamole to serve.



#### GRANDMA BETTY'S

## Roasted Butternut Pumpkin

#### INGREDIENTS

- 2 butternut squash (peeled, seeds removed, and cut in 1-in cubes)
- 4 tablespoons olive oil
- 4 cloves minced garlic
- Salt and pepper to taste

1. Preheat oven to 400 degrees F

INSTRUCTIONS

- Place butternut squash in a large bowl and toss with olive oil and minced garlic
- Arrange on a baking sheet and season with salt and pepper
- Bake for 25-30 minutes until squash is tender and edges are lightly golden brown

8 SERVINGS 40 MINS



Warm trout & melon salad with lime & chili dressing

26 minutes

one serve

Ingredients

160g melon

1 lime

1/2 red chili

1 garlic clove

2 tsp soy sauce

2 tsp olive oil

2 salmon trout steaks

160g green beans

160g cherry tomatoes

#### Method

Put 30g of the melon in a bowl with the lime juice, chill, garlic, soy sauce and mint, then blitz with a hand blender until smooth. Heat the oil in a non-stick frying pan over a low heat, add the trout skin-side down and cook for 5 mins until the skin is crispy. Turn the fish and cook for 3-4 mins until the fillets are cooked all the way through. While the fish is cooking, boil the green beans for about 7 mins until tender, then drain.

Toss the green beans, remaining melon, tomatoes and coriander in a bowl with the dressing until well coated and pile onto two plates. Top with the fish, any pan juices and any dressing left in the bowl. Serve with the lime wedges for

saueezina over.

WOO0084

## YOGHURT & HONEY CAKE

#### INGREDIENTS

200g plain flour
200g self-raising flour
2 tsp baking powder
1 tsp salt
6 eggs
250g honey
Zest of 2 lemons
250g butter, melted
400g yoghurt
100g raw sugar



This delicious cake was a morning tea favourite in the community room at the OzHarvest Market. Made with love by corporate teams at Cooking for a Cause, it was a great conversation starter, served with a smile by our wonderful volunteers.

#### STEPS

- Preheat oven at 180°C
- 2. Sift flours, baking powder and salt in bowl.
- In a separate bowl, beat eggs until light and fluffy, then add honey, lemon zest, butter, yoghurt and sugar.
- Whisk together well, then gently fold in flour mixture.
- Pour mixture into a lined cake tin, bake for 40-45 minutes or until cooked through.
   Cool in tin for 5 minutes before turning out to cool completely.
- Serve drizzled with extra honey, yoghurt or cream
- To cook as muffins, grease a muffin tray and cook for 15-20 minutes.



# 5 TIPS TO REDUCE FOOD WASTE

- Plan your food shopping and make a list of what you need before going to the supermarket
- 2 Store food properly to keep it fresh longer
- Make the most of the food you already have at home
- Donate food that you are not going to use to charities or share it with friends and family
- Buy food in small quantities to avoid having to throw away expired food

World Food Waste Day Template - www.edit.org