

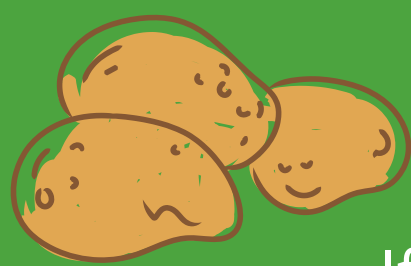
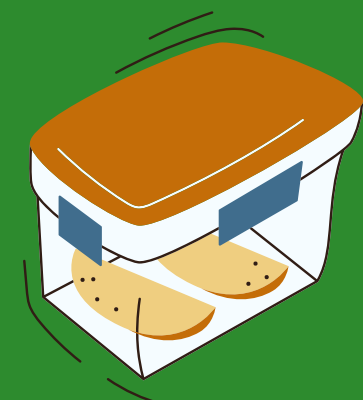
STUCK IN THE MIDDLE WITH FOOD



If you have plenty of food lying around, here are some tips for using what you already have to save it from being wasted!

Made more than you can chew?

Store your leftovers in the fridge for your next meal, or put them in the freezer for another day. Just make sure to label your freezer meals with a date so you know which dishes to eat first.



Get creative with your excess food

If you have extra produce lying around, see if you can turn it into a new meal before throwing it away. You could make hash browns with your extra potatoes, or bake bananas into some bread — the possibilities are endless!

No compost? No worries!

Instead of throwing away the stalks or stems from your vegetables, use the whole vegetable to cook into your meals. If you don't like the texture, you can save up your scraps to make a homemade vegetable stock.



Take stock of what you've got

Cooking with what you already have is a great way to save money and use up foods nearing their expiry dates. Before you buy more food, take note of what you already have in the kitchen or make a 'clear-out' pot of pasta, soup or stir fry.

Share the love (with food!)

Ask around and see if any of your friends or family could do with a meal or leftover produce you did not use. Better yet — invite them over and share a meal!

