

COOK JUST RIGHT

That feeling when you cook the perfect amount – clean plates, full stomachs, no leftovers – now that's Great Unwasting!! Let's be real, your fridge is already jam-packed. Making extra just means more work to store it, remember it, and then toss it by the weekend. Skip the hassle and cook just what you need.

Did you know...

Over a quarter of Australians whip up more food than they need. Start unwasting with these awesome tips:

TIP 1

Do a hunger check

"I'm not hungry" - the words every proud chef and Nonna hate to hear. Do a quick hunger check with your nearest and dearest before cooking to avoid your beautifully made meals going to waste.

TIP 2

Home for dinner?

You've put time and effort into cooking up something delicious, only to find out the 'not-so-little-ones' have made other plans. Checking in on your household members before you start cooking is a surefire way of saving food... and time!

TIP 3

Slice your recipes

Got a recipe for four, but cooking for two? Always cooking more, just in case? Try halving the list of ingredients before you start cooking to perfect your meal size.

TIP 4

Check those packets

Be sure to check packets for the recommended serving sizes and try them out, they're super accurate and go a long way to unwasting food from the get-go.

TIP 5

Give measuring a go

One easy way to become a Great Unwaster is to get your hands on some measuring cups and scales. Not only do they reduce food waste by helping you prepare the right amount, they also save time working out what to do with the leftovers.

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FLEXI MEAL PLAN

Meal planning before you write your shopping list is a solid way to cut down on your food waste. But let's be honest, life rarely sticks to the script. Thursday's dinner at home becomes dinner with friends, and Friday night takeaway? That's practically a ritual. So, plan for the unplanned and leave some gaps in your meal plan for a leftovers night or the last-minute takeaway you know is coming.

Did you know...

Two-thirds of Australians regularly plan their meals, but only 1 in 5 always plan for a leftovers night.

That's a lot of time and money that could be saved by flexible meal planning the unwaite way. More tips below!

TIP 1

Get ahead of the week

At the start, it might feel like a hassle, but once you get into the habit of meal planning, you'll smash through it in no time. A few minutes checking what you've already got, getting some meal inspo and writing the shopping list means you'll gain hours back during the week to do something else you love.

TIP 2

Plan for changes in plans

It's rare for the whole week to go exactly as planned - so don't let your meal plan limit you. Instead of locking in three meals a day, seven days a week, plan flexibly and leave the odd meal empty.

Plug in the gaps with a few leftover nights or a takeaway without feeling guilty about the feast you'd planned to cook waiting in the fridge. *(Flip over to see this meal planner on the back!)*

TIP 3

Say hello to Unwaite Nights / Always have a couple of Unwaite Nights

Whether it's the family calling dibs on the best leftovers (first in, best dressed!) or having a few go-to meals where you can confidently swap ingredients, having a regular Unwaite night on your weekly meal plan is one of the easiest ways to use up what you already have.

TIP 4

Try out meal kits

If meal planning is a struggle to fit into your schedule, why not try meal kit delivery or pick-up? Pre-portioned ingredients can be a great cheat code for unwaiteing food. Just like when meal planning yourself, order less meals for the week than you think you need.

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JOIN THE LEFTOVERS REVOLUTION



The Greatest Unwasters know that last night's curry or pasta tastes better the next day. Save cash by packing those leftovers for lunch, ready to grab during your morning rush. Plan for a leftovers night at least once a week, and with a few leftover hacks, you'll be turning your regular home-cooked meals into brand-new, delicious dishes in no time.

Did you know...

Most Australians love eating leftovers (74%), but only 1 in 5 are great unwasters by including a leftovers meal in their meal plans.

TIP 1

Did somebody say free lunch?

That's right! Portioning out leftovers into ready-to-go lunch containers will not only save you time but also money on those costly trips to the local café. Free lunches for the win!

TIP 2

Plan a Leftovers Night

As well as your weekly takeaway night, schedule a 'Leftovers Night', where you transform use-it-up items into something new (*Flip over the page for some recipe inspo!*)

TIP 3

Look after those leftovers

Storing your leftovers well helps them last longer. Portion them out so they're easy to grab from the

fridge - or freeze them and only defrost what you need. Be sure to add labels and dates to avoid any mystery meat in the freezer!

TIP 4

Give them the limelight

Don't let your leftovers hide away until they're forgotten. Keep them at eye level so they're easy to find. Or better yet, create a dedicated 'use it up' shelf.

TIP 5

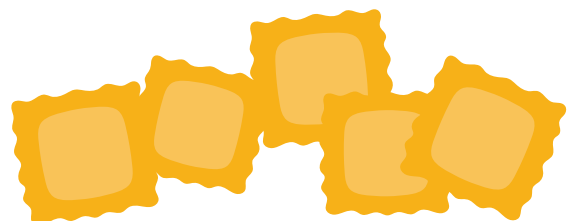
Your Digital Kitchen Assistant!

From AI assistants to leftovers recipes, there are so many places to get inspiration for your leftovers.

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INSPIRATION FOR YOUR LEFTOVERS

Eating leftovers can be more than just re-heating meals from the night before. Get creative and turn some of the most common leftover items into delicious new dishes!

COOKED RICE

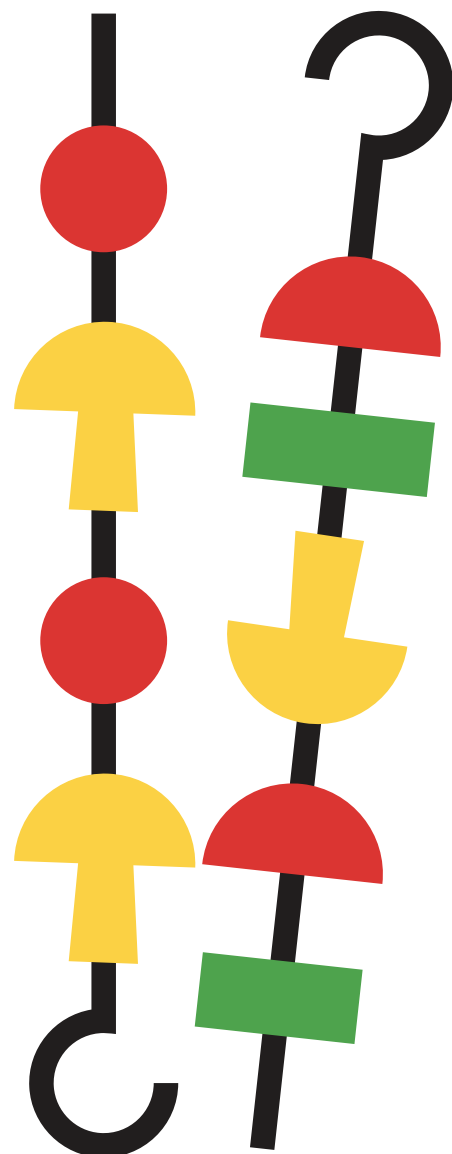
Got leftover rice? Time to turn it into **killer fried rice**. Leftover rice is actually perfect for this because it's a little dried out, giving you that ideal crispy texture. Just toss it into a hot pan with oil, soy sauce, veggies, eggs, and whatever protein you've got, even the leftover roast meat or bbq chicken, and boom—you've got a quick, delicious meal ready to go.

COOKED PASTA

Leftover pasta can be quickly transformed into the **perfect pasta salad**. Toss the pasta with olive oil, fresh or leftover cold veggies, herbs, and a protein like chicken or tuna. Add a splash of vinegar or lemon juice for brightness. This easy-to-make dish is perfect for lunch or a light dinner.

MASH POTATO

It doesn't take much to turn that cold mash into a **knockout gnocchi**, add flour, some egg and gentle mix, roll into a log before slicing into those easy pillows of yum. A very quick boil in salty water and you have the start of a dish to die for.`



STICK TO YOUR LIST



Getting organised by writing a list means you'll save time in the shops - only grabbing what you really need. Once you've got your list - stick to it! By writing a list and sticking to it, you're well on your way to unwasting.

Did you know...

1 in 4 Australians head to the supermarket without a list - making it hard to know what's at home and what they really need.

Writing a list is the first easy step to unwasting - saving you time and money.

TIP 1

Get listing!

Who doesn't love a list? OK, not everyone, but it's your secret weapon against wasted food and time. No matter where you keep it, group it in sections that match your regular store so you can breeze through the aisles with ease and avoid those impulse buys.

TIP 2

A quick check to sharpen your list

Before heading to the shops, take a quick look in your fridge, freezer, and pantry. Check your supplies and only pop things on the list you'll need for upcoming meals. This way, you'll use up what you've already got - and the planet and your pockets will thank you for it!

TIP 3

Don't let deals distract you

Those specials can be a great way to save money at the shops - but only if you have room to store them and a plan to use them. If the freezer is already full and there's no room to move in your meal plan, it might cost you more at the end of the week if that extra food goes to waste.

TIP 4

Grocery shopping 2.0

A great way of sticking to your list is by ordering what you need online. Not only do you avoid distractions, you avoid the queues. Ordering your groceries in the comfort of your home means no more moments of doubt in the aisles about how many bags of salad or bread are at home. Online shopping isn't just convenient; it's an easy tool for reducing food waste.

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FIRST IN, FIRST OUT



Ignoring that sad veg in the fridge won't make it any less sad. When figuring out what's for dinner, use the older stuff first - the ones most likely to go to waste. Rotating your groceries by packing new items away behind the older ones is the secret to keeping everything fresh. At the right moment, everything in your fridge has plenty to give.

Did you know...

Frozen foods can be an unwaster's superpower - always ready to save the day. Healthy frozen ingredients like fruit and veg are full of nutrition and can be a great way to unwaste from the get go.

TIP 1

FIFO: First-In-First-Out

This is the oldest trick in the Great Unwasting book. Practice FIFO (First In, First Out) in your fridge and pantry. Identify those older items at risk of being wasted and build them into your meal plan. That way you're using up the oldies and keeping everything else fresh for another day.

TIP 2

Food to the front

No more hide and seek! Make what needs to be used first super obvious. Get in the habit of packing away your new groceries behind the older ones, so you're always using up what you've got first.

TIP 3

Head online for inspo

Basing your next meal on what's at risk of being wasted couldn't be easier. Search 'ways to use up yoghurt' wherever you ask the internet for answers and you'll find some great inspo, we've also included some inspo on the back of this page!

TIP 4

Love those labels

Dating and labelling food means you'll avoid playing "What's this?" whenever you open the fridge or freezer. Having a trusty texta and some masking tape or labels within reach of the fridge is one of the easiest ways to start unwasting.

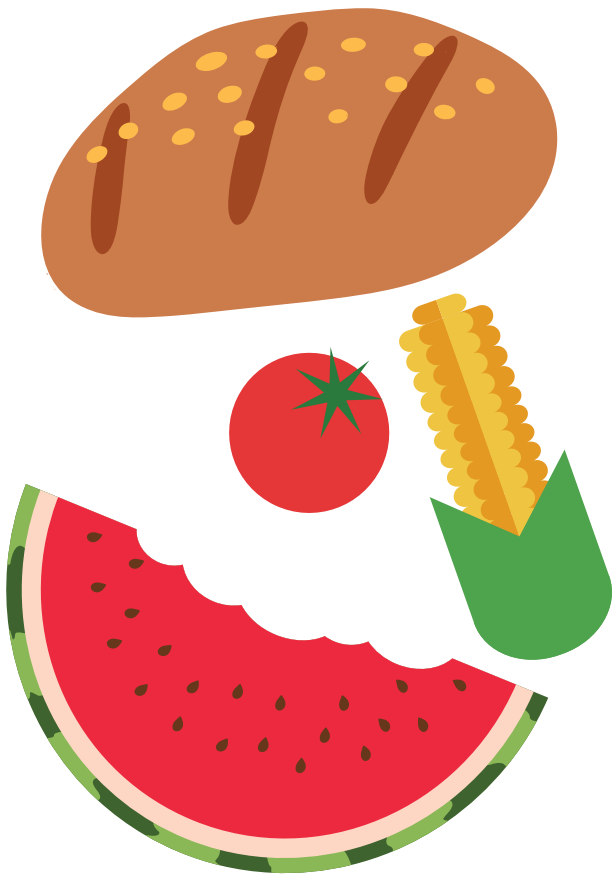
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DON'T LET THE GOOD STUFF GO TO WASTE!

Older items might look a little sad, but they're still packed with goodness. Whether turning bread into croutons, blending fruit into smoothies, or using herbs to add some flavour to your meals, there's a way to make every little leftover count.



IDEAS FOR USING WHAT YOU HAVE

VEGETABLES

Turn your leftover veggies into the heart and soul of a comforting soup or stew. Whether you're craving a chunky, flavour packed vegetable soup or a rich, stock based stew, just chop up those odds and ends and toss them into the pot. It's the perfect way to give a new life to all those veggies in one delicious go.

BREAD

Transform stale bread into crunchy croutons that can elevate salads and soups. Cut stale bread into cubes, toss with olive oil, garlic powder, salt, and your favourite herbs. Bake in a preheated oven at 190°C for about 10-15 minutes or until golden and crispy.

FRUIT

Turn overripe fruit into baking gold! Those super-sweet bananas are perfect for moist, irresistible banana bread—just mash them up and add to your favourite recipe. Got overripe berries or stone fruits? Fold them into muffin batter for a burst of sweetness, or whip up a quick crumble with oats, butter, and flour. Bake until golden and bubbly for a dessert that's pure comfort with every bite.

PACK IT, STACK IT, CHILL IT

Your fridge and freezer are the real heroes of your kitchen! Level up your storage game to keep food fresher for longer. Portioning leftovers into easy-to-grab containers makes them so much more convenient. You'll save time and money by keeping your fresh food well-organised - ready in the fridge for tomorrow or the freezer for later.

Did you know...

Most fruit loves a cool spot to stay fresh - it lasts so much longer in the fridge. Bananas, though, should stay on outside the fridge in their own in the fruit bowl.

TIP 1

Master your fridge temp

Make sure your fridge is set between 0 and 5 degrees Celsius. This sweet spot can extend the life of your food by up to three days.

TIP 2

The freezer is your friend

A well labelled and stacked freezer means no more mystery meats hiding in the back or frozen meals flying from the front.

TIP 3

Containers - the ultimate sidekick

We've all been guilty of throwing something on a plate in the fridge only to find it there again three days later, looking a bit lonely. Store your food in airtight containers to keep it fresh.

TIP 4

Love those labels

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TIP 5

Unwaste your dough

Bread, rolls and loaves are some of the most wasted food items. But fear not, they're easily frozen and great to have on hand if you're running low and face a bread emergency.

TIP 6

Avoid banana drama

Bananas are the divas of the fruit world - they like their space. Keep them away from other fruits to avoid speeding up their ripening process. If they get too spotty, peel and freeze them for smoothies or banana bread!

TIP 7

Unwashed potatoes are happy potatoes

Want longer-lasting potatoes? Buy them unwashed. Yeah, they need a scrub, but Great Unwasters don't mind a little work. Store them in a cool, dark place, and they'll stay fresh and sprout-free for longer

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SAVE ROOM FOR SECONDS

We've all been there – loading up the bowl, getting near the finish line and realising your eyes are bigger than your stomach. Most plate waste ends up in the bin. Keeping your extra food in the pan means you can still grab more if you want, but you'll be more likely to pack away what's leftover for tomorrow's lunch.

Did you know...

Most food left on your plate ends up in the bin. By keeping it in the serving dish until you've finished eating, you'll be more likely to pack any leftovers away for lunch tomorrow.

TIP 1

We all love seconds

Serve a little less than you think you'll eat, and keep the rest in the pan. If you're still hungry, you can always go back for more. This simple habit helps you enjoy your meal without overloading your plate, giving you a better sense of how much you really need.

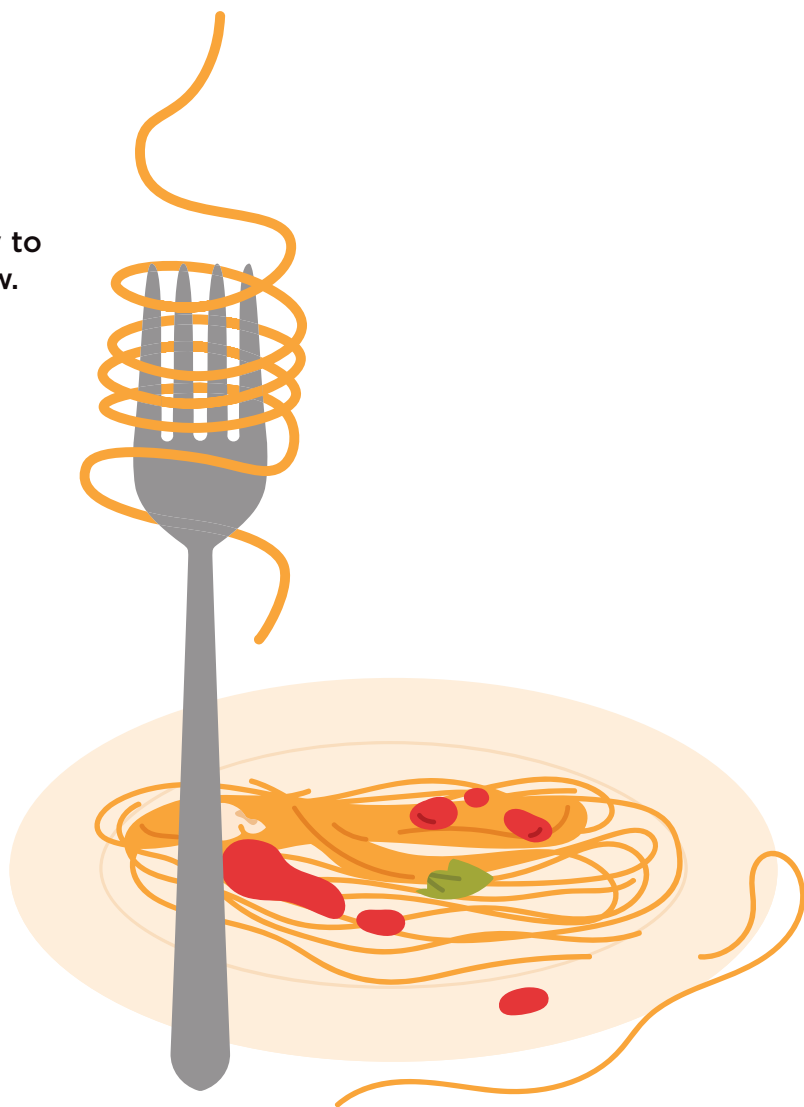
TIP 2

Let them serve

Who doesn't love a big dinner with family or friends? Instead of serving everything straight from the stove to people's plates, leave food in a serving dish on the kitchen bench or table. Let everyone serve themselves based on how hungry they are and you'll be less likely to scrape those last unwanted bites into the bin.

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FOODWASTE FAQs

EVERY YEAR, 7.6 MILLION TONNES OF FOOD IS WASTED ACROSS THE AUSTRALIAN FOOD SYSTEM.

This waste costs the Australian economy over \$36 billion a year and emits 17.5 million tonnes of CO2 equivalent greenhouse gases, which is around 3% of Australia's national greenhouse gas emissions. (FIAL, 2021).

What is food waste?

Any food that ends up in the bin instead of being eaten is food waste. Some food waste (like bones and peels) isn't edible, but most food waste in Australia is actually edible (70%!), so the best place for it is on our plates, not in the bin.

Where in the supply chain does most food waste come from?

Some great steps are being taken by the people who grow, manufacture, transport, cook and sell our food to reduce Australia's food waste footprint. To learn more about reducing food waste across the supply chain, check out the Australian Food Pact at endfoodwaste.com.au

Surprisingly, more food waste in Australia comes from the home (32%) than in any other part of the supply chain - so we also need you to join us in our mission to reduce food waste.

Is composting considered food waste?

Some Australians compost at home, feed food to pets or have curbside organics collection, which is great! If you're able to, these can be good ways for you to dispose of your inedible food waste (like peels or cores), but when we throw edible food in the bin it's costing the planet and our pockets. Keeping edible food waste out of the bin altogether is the best way to reduce the impact of food waste.

What about plastic food packaging?

Avoiding unnecessary or excessive food packaging is another good way to unwaste, and we love seeing sustainable materials being used to pack food. It's important to remember though, sometimes food packaging has been carefully designed to keep your food fresher for longer, or protect it during storage or transport. In Australia, the environmental impact of food waste is actually worse than food packaging.

