

FACTSHEET #2

#RECYCLERIGHT



MINIMISING FOOD WASTE AND PACKAGING

As the cost of food continues to rise, it's worth taking the time to think about how much is purchased.

According to OzHarvest, one in five of all shopping bags purchased ends up in the bin!

HOW MUCH FOOD DO WE WASTE IN AUSTRALIA EACH YEAR?

According to the National Food Waste Strategy:

- Food waste costs to households vary from \$2,220 to \$3,800.
- Households throw away 3.1 million tonnes of edible food - that's close to 17,000 grounded jumbo jets.
- Avoiding food wastage means you save money, reduce landfill and greenhouse gas emissions.

USEFUL TIPS TO REDUCE FOOD AND PACKAGING WASTE:

1. MAKE THE MOST OF WHAT YOU HAVE

- Check what's already in the fridge, freezer, and pantry before shopping.
- Remember: the 'Best Before' date means a product may not be its best anymore but could still be eaten. 'Used By' date means a product is no longer safe to consume.

- Rotate food items which need to be consumed first to the front of shelves in the pantry or fridge, so you find them first.

- Cook up before you shop.

2. SHOP SMART

- Use a meal planner or shopping list to prevent impulse buying.
- Purchase only what's on the list and be cautious with purchasing 'deals' on perishable items, unless you can use them soon.
- Support local producers.
- Remember to bring your own shopping bags.

3. MAKE THE MOST OF YOUR MEALS

- Use older veggies for soups or stock.
- Use older fruits for compotes, cakes, preserves or smoothies.
- Cook the meals you planned and, if possible, cook in advance for reheating.
- Love your leftovers! And freeze for reheating.

4. STORE FOOD CORRECTLY

- Label containers, and store food in airtight containers or bags.
- Freeze food nearing its used by date.

5. COMPOST WHAT YOU CAN

- Use green materials like fruit and vegetable scraps, tea, coffee grounds, eggshells, grass clippings and cuttings. Add brown materials like paper and cardboard, dry leaves, straw or woody pruning's.
- Avoid diseased plants, weeds with seeds and pet droppings (apart from chook manure).
- Turn your compost regularly and keep moist.



Mareeba
SHIRE COUNCIL

Before disposing of anything, have you considered ways to reuse, repair or donate unwanted items?
Visit msc.qld.gov.au/council/water-and-waste/recycling for further information.