



Love food, save money

The average Kiwi household throws out \$563 worth of uneaten kai each year. In Wellington currency, that's about 124 flat whites!

The most commonly wasted food is bread - together, we throw out 20 million loaves a year. How many of those loaves come from your household? Be a food lover, and do these simple things to keep it out of the bin.

- Avoid buying food you don't need - plan your meals and don't head to the supermarket without a shopping list
- Keep your food fresh by making sure your fridge is below 5°C - use a thermometer if you're not sure how cold it is
- Know your dates - the "use by" date is about food safety, "best before" just means when it's at its freshest
- Take leftovers for lunch, or add them to a pasta or pizza
- Turn squishy fruit into a delicious smoothie
- Keep your potatoes in a dark place
- Store your bread in the freezer

For more tips and inspiration, visit lovefoodhatewaste.co.nz