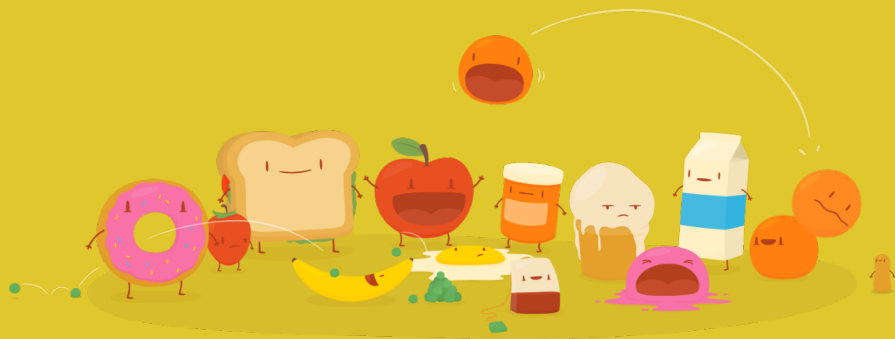


Join the Compost Revolution



Food Lovers Masterclass

Learn how to plan & shop for meals like
a pro with our 15 minute masterclass!

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Food Lover's manifesto:

Before you compost it, limit what you buy, reduce what you waste. Love your food.

Waste hierarchy



1 Plan your meals



Remember the last time you bought a loaf of bread that you didn't get around to eating before it went off? If you're like most of us then there's a good chance that it wasn't too long ago!

To avoid spending money on food that you throw away you could start by planning some of your meals. If this is new for you then don't plan out every meal for the week; just start by planning a few dinners.

You'll probably spend 15 minutes planning your weekly meals and writing a shopping list.

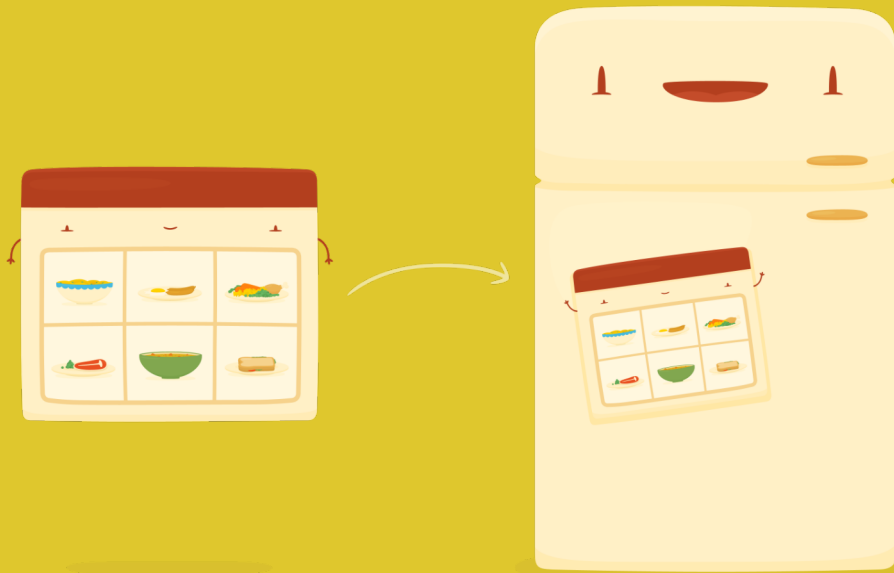


You'll save time because:

- You will know what you need to buy
- You can take leftovers for lunch the next day
- You won't need to go to the shops as often.

You'll save money because:

- You will only buy what you need
- You won't be buying food that spoils before you get a chance to eat it
- You won't need to buy takeaway as often if you have everything you need to make a delicious meal



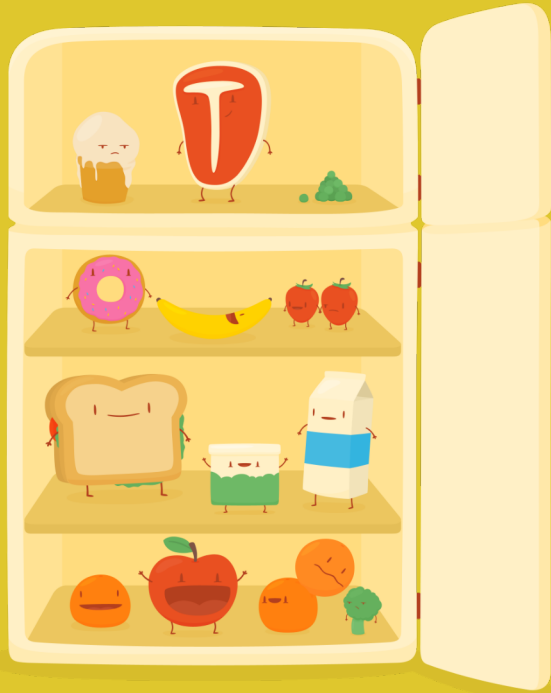
Plan some meals and then pop the meal plan on the fridge for everyone to see.



Tips

- Plan an easy dinner for those nights when you know you'll be busy or home late.
- Think about how you can use the ingredients that you already have.
- Choose meals that use fruit and vegetables which are in season when you're planning meals; your food will be fresher and taste better.

2 Kitchen Reconnaissance



So you've planned your meals for the week; now list the ingredients you need. The next step is a little bit of investigation to find out what ingredients you already have in your fridge, freezer and cupboards. This will save you buying food that you already have.

Food that's no longer safe to eat

This is also a good time to be brave and venture into the back of your fridge, freezer and cupboards to check the dates on those half empty jars and containers.

Knowing the difference between 'use-by' and 'best-before' dates will help you determine when an item is at its best and whether it is fit for consumption.

'Use-by' means that the food cannot be eaten after the date on the pack.

The 'best-before' date is only an indication of when the food is at its best. If it's been stored correctly, then it's still safe to eat even after the date.



Tips

- ✓ Compost the food that is no longer safe to eat, or feed some of it to a worm farm, and then recycle the jars and containers
- ✓ To check whether eggs are still fresh place your eggs in a bowl of water. The fresh eggs will stay at the bottom while stale eggs will float to the top



3 How much food?

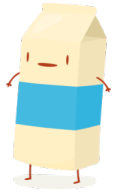


The next step is working out how much food to buy and prepare.

One of the common the reasons food is wasted is because we cook more than we need. You can avoid this by measuring out your 'serves' or portion sizes.

You don't need to do complex calculations; use a portion size calculator to help you work out how much of each ingredient you should use in your meal.

Remember to check how many people your recipe serves so that you don't over cater.



Did you know?

Food waste can be separated into two categories:

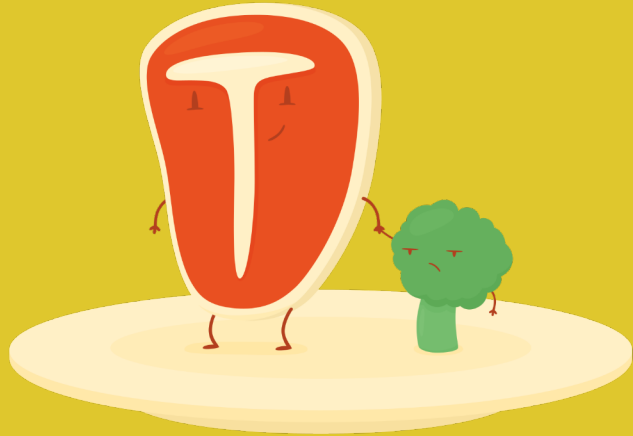
- Avoidable food waste is food that is wasted due to buying too much, cooking too much or saving and storing incorrectly.
- Unavoidable food waste is food waste that cannot be eaten such as pineapple skins, tea bags & vegetable peelings.

4 Secrets of the shopping list



So you've:

- Decided on some meals you'd like to make
- Checked what you already have at home, and
- Listed all the ingredients you need
- The next step is to write your shopping list. It might sound simple; but your shopping list is the tool that will help you save time, money, and food waste.



While writing your shopping list you can also think about where you would like to shop. If you want to get off the beaten track and out into the sunshine then a farmers markets is a nice place to pick up some fresh produce.

To get you started you can use our shopping list template on the following pages!

WEEKLY MEAL PLAN

TOP TIPS

- Check what you already have in your fridge, freezer and cupboard
- Check what is in season before you plan your meals
- Plan your meals around your weekly activities
- Place your meal plan on your fridge

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

SHOPPING LIST

TOP TIPS

- Write your shopping list from your meal plan
- Identify exactly how much you will need
- Remember to take your list to the shops with your reusable shopping bags

Fruit and vegetables

Bread and cereals

Dairy and frozen items

Meat and fish

Non-perishables

Drinks

Other household items –kitchen, bathroom

5 Is it really a ‘special deal’?



It's easy to be distracted by bright signs and shiny packages when you step into a supermarket. Think of it as an obstacle course where the 'super power' of your shopping list can boost your immunity!

Special Deals

The temptation of special deals can entice you into spending more money on food you didn't plan to buy and don't actually need.

Remember the last time you bought too much of something but it didn't get eaten and was thrown away? It might be fantastic that you can get three tubs of yoghurt for \$5 - but you're actually wasting money if it ends up in the bin.

If you're tempted by a special deal then ask:

- Is it a product on your shopping list?
- If so, could you make more of the meal you're planning and save leftovers to eat later?
- Could you break it down and store small portions in the freezer to use later?

Bulk buys

Buying in bulk is okay if it's food that you'll eat regularly, or if it stores well. Good bulk buys include things like: olive oil in a 3 VV tin, large jars of Vegemite, or dried pasta.

Think about whether you have enough space to store bulk buys, especially if it's something like meat that needs a large amount of freezer space.





Tips

- It's probably best to leave a special deal on the shelf if you're not able to eat it all before its 'use by' date
- If the distraction of special deals proves too hard to ignore then challenge yourself to buying one less special deal a week

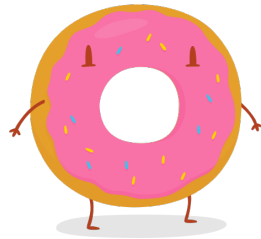


6 Food and Celebrations



We naturally plan our meals when we're hosting special occasions like birthday parties or New Years' celebrations.

Unfortunately the spirit of sharing can result in large amounts of perfectly good food being wasted because we over-cater for our friends and family.

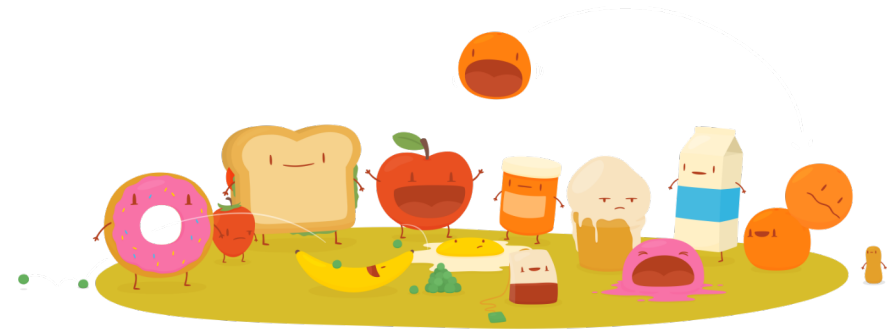


Follow the same tips to avoid over-catering and wasting food when planning for a celebration:

- Think about how many people will attend
- Plan your meals and write a shopping list
- Use a portion calculator to work out how much food you need to buy

If you have food left over package it up for your guests to take home.

- Make sure perishable food is not left outside the fridge any longer than 2 hours
- Pop any left over food inside an airtight container and store it in the fridge or freezer



If you're holding a celebration or party at a restaurant talk to the staff beforehand.

Ask whether they donate food to charities like: SecondBite, FareShare, Oz Harvest and Food Bank. These charities take leftover or unwanted food and put it to good use.

You should also ask whether the restaurant will allow leftover food to be packaged up in containers for guests to take home.



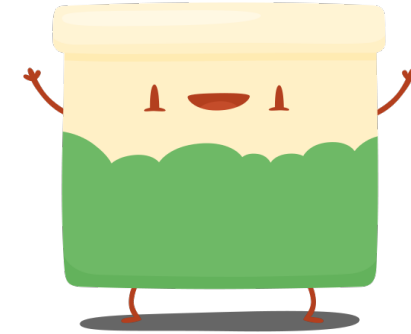
Did you know?

- Households in NSW throw away almost \$700 million in leftovers every year.

7 Love your leftovers

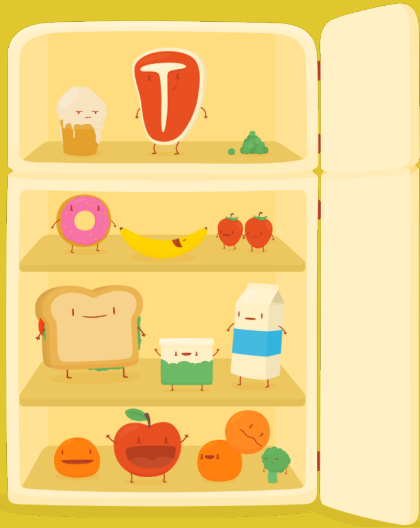


The final step is saving your leftovers to eat later. Store leftover food in clear, airtight containers so that you can easily see inside.



Leftovers make for a convenient lunch the next day or an easy weeknight dinner when you know you won't have time to cook. Sometimes the hardest part can be remembering to eat your leftovers. You could leave a 'grab leftovers' note for yourself before you go to bed, or try the age-old trick of leaving your keys inside the fridge so that you have to go there in the morning!

Here are our top food storage tips:



Save it in the fridge

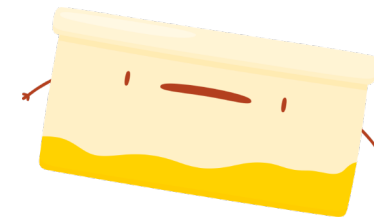
- Place cooked food in the fridge or freezer within 2 hours
- Store raw food in separate containers to cooked food
- Label your containers with the date
- Check your fridge temperature; it should be 3-4 degrees Celsius

Save it in the freezer

- Label your containers with the date
- Freeze leftovers in meal sized portions so they are easy to defrost and reheat
- Freeze excess food like pasta sauces, sliced bread, and stock
- Keep your freezer under -18 degrees Celsius

Save it from landfill

- Compost or worm farm unavoidable food waste
- Re-use or recycle jars and containers





Tips

- ✓ Keep tomatoes, potatoes and onions at room temperature, away from direct sunlight
- ✓ Defrost frozen meat by leaving it in the fridge; not at room temperature
- ✓ Don't store certain foods together like onions and potatoes, as the gases they give off will cause the others to spoil
- ✓ Store bread at room temperature or freeze it, but don't keep it in the fridge because it will become stale faster

Buon Appetito!



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