

Nutrition Snippet

WHAT A WASTE.

Did you know that the average household throws out 1 in 5 bags of groceries they purchase?



Here are some top tips to reduce your food waste to save money and help the planet!

- 1. Only buy what you need**
- 2. Store your food correctly**
- 3. Love those leftovers**
- 4. Don't throw away tired fruit and veg**
- 5. Buy odd shaped fruit and veg**

Read more tips and get recipes to help reduce your food waste at:
healthymadetasty.com.au



Cancer Council
Healthy Made Tasty