

Love food – just eat it!

Do you shop, cook or eat food? Together we can reduce waste.



Grant and Jen from the Just Eat It. movie ate only rescued food for 6 months. www.foodwastemovie.com

Food in Australia

We see food everywhere, between popular cooking shows on TV, our local farmers' markets and an abundance of food snaps on social media, it's clear that Australians love food.

However, Australians also throw away up to 20% of food they buy (that's one out of every five shopping bags purchased!) [1]. It equates to \$8-10 billion worth of edible food and 4 million tonnes of food waste [2].

We are wasting a third of the world's food supply [3], while people go hungry and vulnerable habitats are cleared to grow more food. In addition to habitat loss, greenhouse gas emissions also come from growing food that is never eaten or rotting in landfill.

Wasting food has a significant impact on our natural resources too. When we waste food, we also waste the resources used to grow our food (water, soils and energy) and all the energy used to process, package and transport food from markets to our homes.

Awareness of our food choices creates change. Simple plans can make an enormous difference.

As a community of people who love food, there are a number of actions that we can take to help.

12 simple steps [4]

Shop smart

1. Take stock: Know what you have and plan meals based on your inventory. Make your shopping list pre shop.
2. Stick to your list: It's a costly waste if you don't consume what you buy, even if it is on special! Will you really eat that?
3. Buy funny-looking produce: It tastes just as good and saves food that might be wasted because the size, shape, or colour are not "right".

Sensible storage

4. Practice FIFO (First in First Out): Organise newest groceries at the back, oldest in the front.
5. Prioritize perishables: Have a section or basket in your fridge for food that needs to be consumed ASAP.
6. Keep it fresh: refrigerate between 1-5 degrees C, use airtight containers.
7. Preserve it: If the clock is ticking, freeze it, can it, dry it, or dehydrate it.

Cooking

8. Understand labels: use by and best before dates are not 'expiry' dates or ultimatums! They only indicate peak freshness.
9. Get creative: Soups, stews, and smoothies are great "use it up" options.
10. Use it all: Only toss non-edible parts of produce and spatula out containers.

At the table

11. Put less on your plate: eat family style (shared serving bowls) or ask for smaller portions.
12. Save it for later: Take it to go. Refrigerate or freeze leftovers (and remember to eat them). Date and label items in transparent containers to avoid mystery meals.

If it cannot be consumed by you

- share it! have a friend over for a meal
- feed it to an animal/pet
- compost it.





Join OzHarvest's food waste campaign! Take a photo of crossed cutlery, tag **#thinkeatsave** and share to pledge your support and reduce food waste today!

Sources and further reading

[1] NSW EPA Food waste avoidance benchmark study (2009).

[2] ABS Australian Social Trends (2007), Hyder Consulting (2009), Australian DEWHA National Waste Report (2010), Australian DSEWPaC National Food Waste Assessment (2011), NSW EPA Food waste avoidance benchmark study (2009), Encycle Consulting (2013), Baker D, Fear J, Denniss R. What a waste: an analysis of household expenditure on food, The Australia Institute 2009. OzHarvest (downloaded Nov 2015)

<http://thinkeatsave.ozharvest.org/eventscreen/show/1128>

[3] Global Food Losses and Food Waste Report– Food and Agriculture Organisation of the United Nations (FAO). Rome (2011). www.fao.org/docrep/014/mb060e/mb060e.pdf

[4] Just Eat It – a food waste movie
www.foodwastemovie.com/food-waste-tips/

24 TED talks that will save the food system:
<http://foodtank.com/news/2015/02/twenty-four-ted-talks-that-will-help-save-the-food-system>

Do Something! FoodWise www.foodwise.com.au

Food Alliance (VIC) www.foodalliance.org.au/article/food-waste

Food Know How (VIC) www.foodknowhow.org.au

LOVE FOOD hate waste (VIC)
www.lovefoodhatewaste.vic.gov.au

Keep South Australia Beautiful (KESAB) www.kesab.asn.au

OzHarvest www.ozharvest.org

Second Bite <http://secondbite.org/>

Stuart, Tristram (2009). Waste: Uncovering the Global Food Scandal. Penguin Publisher.

For more information

Just eat it – a food waste movie www.foodwastemovie.com

OzHarvest www.ozharvest.org

Second Bite <http://secondbite.org/>

Visit the urban sustainability page of our website to access more information on how to live smart in Adelaide.

www.naturalresources.sa.gov.au/adelaidentloftyranges

Or contact your nearest Natural Resources Centre

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Eastwood

205 Greenhill Road, Eastwood, SA 5063
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Natural Resources
Adelaide and Mt Lofty Ranges