



Tips for reducing food waste at home

Each year in Victoria, the average household throws away \$2,136 in wasted food. In total, this is roughly 250,000 tonnes of waste.

Almost two thirds of the food Victorian households throw away could have been eaten.

Food thrown into your garbage bin ends up in landfill. Food in landfill breaks down in a way that can create greenhouse gases, including methane, affecting air quality and the environment.

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.

Avoiding food waste in the first place is the best way to ensure you are not wasting money or resources.

There are many simple ways to avoid food waste. These include planning meals, shopping smart, cooking waste-free and storing food correctly.

We can all help to reduce landfill, conserve resources and minimise greenhouse gases.



Scan the QR code for more information

Compost kitchen waste

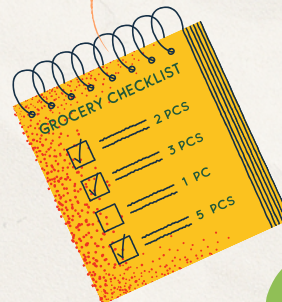
Composting converts organic waste matter into a nutrient-rich soil you can use in your garden



1

Plan ahead for mealtimes

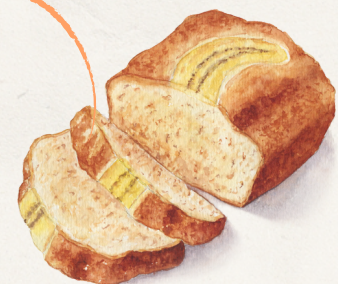
Plan ahead for meals and only buy the food you need. Use free meal plan and shopping list apps, for example AnyList, Listonic, or Mealime



2

Store food correctly

Storing food correctly can keep it fresher for longer. There are websites with lots of food storage tips (see the QR code here):



3