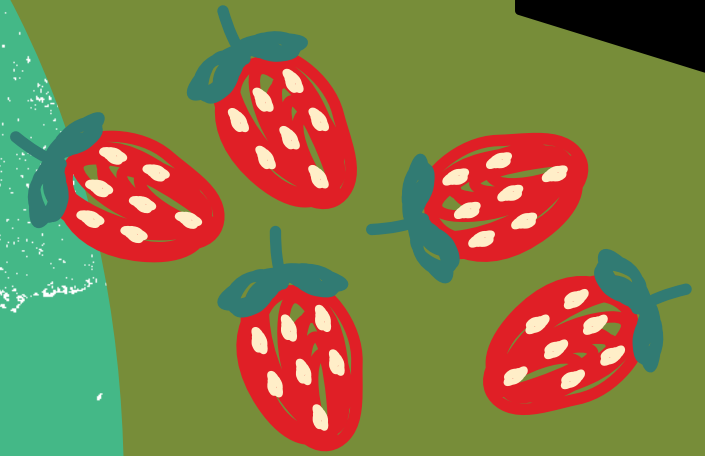


Eat it, don't bin it challenge



Moreland
City Council



Why reduce your food waste?

One of the greatest impacts you can have on climate change, as an individual, is to **reduce food waste at home¹**.

Avoiding food waste in the first place saves all the resources and energy that went into making it.

The good news is, that by making a few simple changes at home we can have a big impact on the amount of food we waste. Our Eat it, don't bin it challenge helps you create delicious fuss-free meals that save time and use up all your ingredients.

With food costs rising there's never been a better time to get on top of your grocery bills by eating all the food you buy.

Food waste that you can't avoid can stay out of landfill by being turned into valuable compost. Our community compost program can help you compost at home or use your food and garden organics (FOGO) bin to create nutrient rich compost for local farms and gardens.

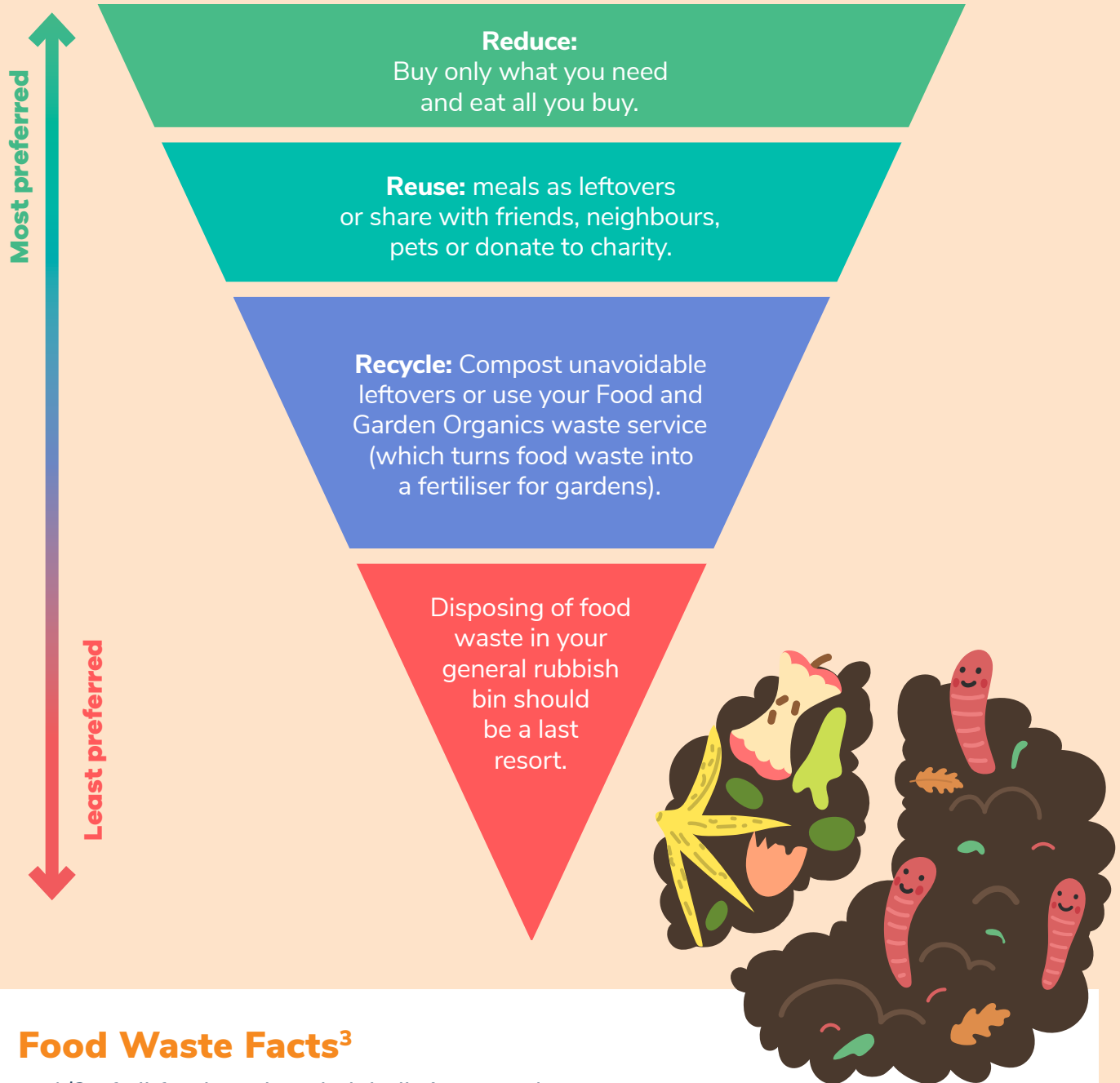
The average household general rubbish bin in Moreland contains **41% food²**. This is 5220 tonnes of food waste that goes to landfill every year. All the water, energy, land, fertilizer, hours of labour and investment in equipment used to process, package and transport that food are wasted. Unnecessary greenhouse gases were generated in the process. Once in landfill, food waste breaks down in a way that produces methane, a greenhouse gas that's 25 times more powerful than carbon dioxide. These impacts all add up to food waste being a major cause of climate change.



¹ drawdown.org/solutions/reduced-food-waste

² Moreland City Council 3-Bin Kerbside Audit 2021

Household Food Waste Actions



Food Waste Facts³

- 1/3 of all food produced globally is wasted
- If food waste were a country, it would be the third biggest greenhouse gas emitter
- Wasted food is worse than the total greenhouse gases emitted from flying
- 7.6 million tonnes of food is wasted in Australia each year - that's enough to fill the Melbourne Cricket Ground 9 times
- We waste most food from our homes - 2.5 million tonnes is still perfectly edible
- We throw out around 1 in 5 bags of groceries, equal to about 312kg per person, costing Australian households \$2,000 - \$2,500 each year.

3 www.fial.com.au/sharing-knowledge/food-waste

How does the Eat it, don't bin it challenge work?

Avoiding food waste comes down to buying only what you need and eating what you have. **Our 4-week Eat it, don't bin it challenge** provides easy meal planning, shopping storage and cooking tips and free weekly online workshops. You can completely reset the way your household sees and manages food waste and make avoiding it second nature!

Week 1

Measure your waste



Find out how much food you are wasting in your home and understand why.

Week 2

Plan your meals and shop smart



Explore tools that help you plan meals, and buy only what you need and will use.

Week 3

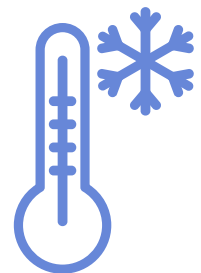
Zero waste cooking



Learn how to get your portion sizes right and be more creative in using up excess ingredients and leftovers.

Week 4

Food storage tips and tricks



Discover how to store your food correctly. Learn more about 'best before' and 'use-by' dates.

Top 3 actions to avoid food waste

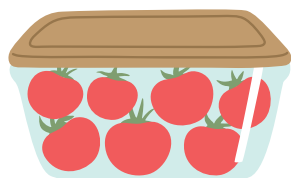
Want to make a serious dent in the amount of food you waste but can't commit to a 4-week challenge?

Keep it simple and focus on 1 or 2 actions to slash your food waste!



1.

Make the items in your pantry, fridge and freezer that need using up easy to see and find (Use labels or OzHarvest's Use-it-Up tape)



2.

Once a week make a meal that combines foods that need using up



3.

Before cooking check how many household members will be eating and adjust the amount you cook to minimise how much is leftover

Also check out
OzHarvest's
4 simple steps to
food saving habits -
look. buy.
store. cook.

Week 1

Measure your food waste



Why?

Many people don't realise how much food they waste – you might be surprised to learn the average Victorian household throws out approximately \$2,200 worth of food each year.

The first step to reducing your food waste is to measure which foods are being wasted in your household and record why.

How?

See Appendix for step-by-step guide to each measuring method

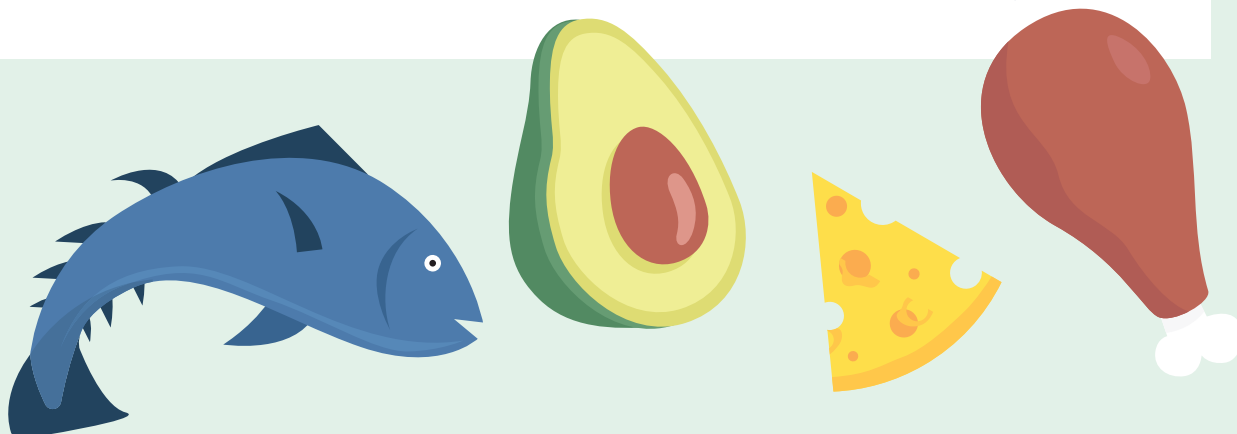
Choose either the **quick snapshot method** to get an estimate of your waste before and after the 4-week challenge.

OR

The **food waste log method** for a more detailed understanding of what food you waste and how that changes over the course of the 4-week challenge.

Whichever method you use, it is important to:

- Record **ALL food disposed of (i.e. not eaten)** including inedible portions like fruit and vegetable peelings, teabags, etc)
- If there were days or meals where no food was wasted / disposed of – record 'No waste' and the reason (e.g. meal was eaten outside the home, ordered takeaway and none was leftover, leftovers taken to work/school the next day)



Week 2

Plan your meals and shop smart



Why?

Ever gone grocery shopping and brought home items you didn't realise you already had. Or not cooked something you bought ingredients for because something vital was missing?

Save time, money and stress by planning your meals a few days or a week ahead and only buying what you need. You will spend less time thinking about what to cook and less time shopping. Using ingredients you have and only buying what you need saves money. Have nutritious, delicious meals every day without regularly resorting to expensive, unhealthy takeaway food.

How?







Planning your meals and shopping to a list are two of the most effective ways to waste less food.

1. Check ingredients you have at home. Note items in the pantry, fridge and freezer that need using up, especially short life ingredients like salads and leafy greens.
2. Think about meals you'd like to cook for the week, that use ingredients you already have.
3. Include a leftovers dinner to save time on your busiest day – pick a dish that can easily be scaled up and keeps well in the fridge
4. If you are low on frozen leftovers think about planning a meal that freezes well for a future easy meal option (see Week 4)
5. Make your shopping list for the ingredients you don't have based on your menu plan
6. Stick to your shopping list and try to resist impulse buys!

Top meal planning and shopping tips

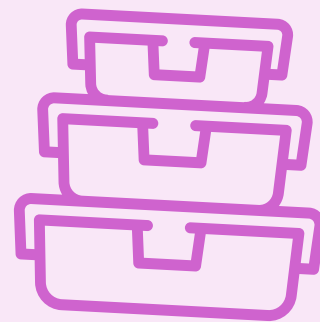
- Use an on-line or hard copy meal planner to make planning easy. You could write your menu on an old chalkboard in your kitchen – this is a good visual prompt of the meals coming up and is easily updated every week
- Involve the whole household in planning to make it fun and include a favourite meal everyone will look forward to sharing
- Base meals on in-season local fruit and vegetables where possible – they are usually cheaper, fresher and have less carbon emissions associated with their transport and storage. Buy loose and get only what you need. Misshapen fruit and vegetables may also be discounted.
- If well planned, buying in bulk can save money and reduce packaging waste. Consider if you use a lot of one type of product and have enough space to store it correctly. Make sure you can use it up before it spoils or goes stale.

Meal planning and shopping tools

- Menu Planner and Shopping List (See appendix)
- Web based menu planning and shopping:
 - › AnyList  
 - › Listonic  
 - › Mealime  
- Sustainable Table Seasonal Produce Guide
- The Planetary Health Diet

Week 3

Zero waste cooking



Why?

One of the biggest causes of food waste in households is cooking too much food. Understanding portion sizes and knowing how much food to prepare per meal based on your household size is essential. This will avoid having so many leftovers, you can't use them up.

How?

A few simple techniques will help you prepare the right amount of food and use up any leftover ingredients easily!

Before cooking check how many people will be eating. Refer to a recipe or the number of serves on the label of packaged foods for a guide on how much of that item you will need. We have listed a rough portion guide on the next page.

As we learned in Week 2, having meals in mind that use some common fresh ingredients can make it easier to adapt to changing situations e.g. when less people than you expect are home for dinner, the excess ingredients can be used in the next meal.

Our Zero waste cooking tools provide inspiration for meals that use ingredients you already have.

You can also experiment with substituting ingredients in a recipe with another ingredient you already have.

Have 2 or 3 go-to recipes which suit a wide range of ingredient substitutions e.g. use up leafy greens or other vegetables in fried rice, a stir fry or frittata. Have vegetable stock on hand to make a delicious soup using leftover vegetables and herbs.

Learn how to preserve

Common quick and easy ways to preserve your ingredients.

- Turn herbs and leafy greens into a pesto and freezing – thaw for a quick mid-week pasta or tasty dip
- Turn excess fruit into jam or chutney
- Juice lemon or limes and freeze in ice trays for use in cooking or drinks
- There are more great preserving tips and recipes on the My Smart Garden or My Green Garden websites



Top Zero waste cooking Tips

- Designate a regular use-it-up day every week when you make a meal from ingredients that need using up
- Create a use-it-up shelf in the pantry and freezer
- Rough guide to one portion of common foods:
 - › Cooked pasta / rice / potatoes – a clenched fist
 - › Fruit / nuts / seeds – a cupped hand
 - › Vegetables / greens – two cupped hands
 - › Meat / eggs – size and thickness of a palm
 - › Cheese / spreads / dressing – a thumb size

Zero waste cooking Tools

- Love Food Hate Waste Portion Planner
- Supercook desktop or phone app
- BigOven
- MagicFridge
- Love Food Hate Waste NSW recipes
- Use It Up Recipes | OzHarvest | Recipes to Fight Food Waste at home
- Love Food Hate Waste NSW video – understanding date labels

Get to know food labels

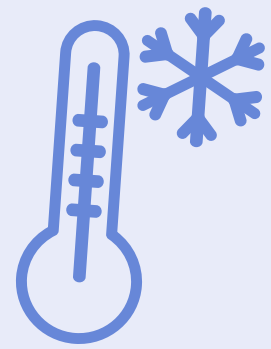
When it comes to minimising food waste there are 3 important things to look for on the label of all packaged food:

1. Always follow the **storage directions** provided, especially items which are stored in the pantry when unopened, but which need to be refrigerated after opening
2. All packaged foods will have a **USE-BY** or **BEST-BEFORE** date:
 - › **USE-BY** refers to the date by which foods (which have been stored correctly) are safe to eat. Foods with a USE-BY date should be consumed by this date for health and safety reasons, even if they still look and smell okay. Make sure you can consume the food before the USE-BY date is reached.
 - › **BEST-BEFORE** refers to the date before which foods are at their best quality. Foods with a BEST-BEFORE date can still be safely used after this date but may have lost some of their flavour, colour or nutritional value. Provided the food looks and smells as you would expect, it should be safe to eat, even if the BEST-BEFORE date has passed. Prioritise using food and ingredients which are approaching or have just passed their BEST-BEFORE dates
3. Check the preparation instructions for **serving size guidelines** and use these to determine how much to cook based on the number of people who will be eating



Week 4

Store your food right



Why?

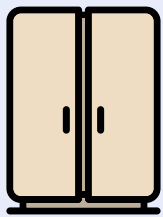
Getting your food storage right keeps all the ingredients and produce you spent time and money on, fresh until you use them. Maximising the storage life of your ingredients means you don't waste the resources it took to grow, raise and manufacture those ingredients.

How?

The main causes of food spoilage are exposure to oxygen, moisture or heat which can cause bacteria or mould to grow.

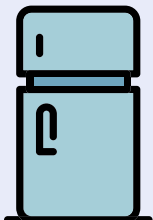
Get to know the best storage conditions for different types of foods (See **Food Storage Tools**)

Designate a shelf or area near the top or front of your pantry, fridge and freezer for your oldest items so they are visible and easy to access. This will remind you to use them first. Get into the habit of regular checks of what you already have in your pantry, fridge and freezer (see Week 2)



Pantry

- Ideal storage temperature **10 – 21 degrees Celsius**
- Keep food away from direct sunlight and ensure food in drawers and cupboards are not impacted by heat sources like the oven
- Cans or jars should be free of cracks, swelling or leaks (or discolouration in the case of jars). These are signs the food is not safe to eat.



Fridge

- Must be set to between **3 - 4 degrees Celsius** and make sure the doors seal properly
- Cool leftovers until they have stopped steaming then cover / seal before refrigerating. If you can't use them up within 2 days, consider freezing them instead.



Freezer

- Make sure the temperature is set to **-18 degrees Celsius** and that the doors seal properly
- Get to know which type of leftovers freeze well – this includes soups, stews, curries, pasta and some sauces.
- Learn which foods don't freeze well so you know to limit how much of these you prepare or purchase at a time – things like salads or fried foods (which become limp or soggy when thawed), creamy sauces (may separate or curdle when thawed)
- Make sure food is well sealed in a plastic container or reusable zip lock bags to avoid freezer burn
- Freeze in single portions or meal sized quantities based on the number of people in your household. Label your items with the contents and date.

Top Food Storage Tips

- Invest in good quality air tight reusable glass or plastic food storage containers in a range of sizes to store food in the pantry, fridge or freezer
- Bag clips are also great for resealing packaged food
- Be plastic wise - rather than using plastic wraps or single use plastic bags to store leftover food, try repurposed glass jars or reusable beeswax cloth
- Make items that need using up easy to identify. OzHarvest's Use-it-Up tape lets you see instantly what to prioritise in your weekly menu

Food Storage Tools

- Fruit and vegetable storage chart
- Sustainability Victoria Guide for Storing Fresh Produce
- Love Food Hate Waste NSW – how to store different foods:
 - › Dairy and Eggs
 - › Meat Poultry and Seafood
 - › Pasta, Cereals and Flours
 - › Fruit, Vegetables and Herbs
- Love Food Hate Waste NSW video – making the most of your fridge
- OzHarvest guide to storing food in fridge and freezer

Resources

- Consider joining a local Bulk Buying Group or Food Collective to save money and packaging:
 - › Wholefoods Unwrapped
 - › Fawkner Whole Foods Collective
 - › Pascoe Vale Food Collective
- Food Safety Basics – be aware of how to store, prepare and cook food safely:
 - › betterhealth.vic.gov.au/health/HealthyLiving/food-safety-when-cooking
- Getting to know food Use-By and Best Before dates:
 - › betterhealth.vic.gov.au/health/healthyliving/food-use-by-and-best-before-dates
- Home composting resources and discounted compost equipment for Moreland residents:
 - › compostcommunity.com.au/moreland.html
- How to use your food and garden organics bin
 - › moreland.vic.gov.au/foodandgarden
- OzHarvest Fight Food Waste program

Appendix

Key to describing your food waste

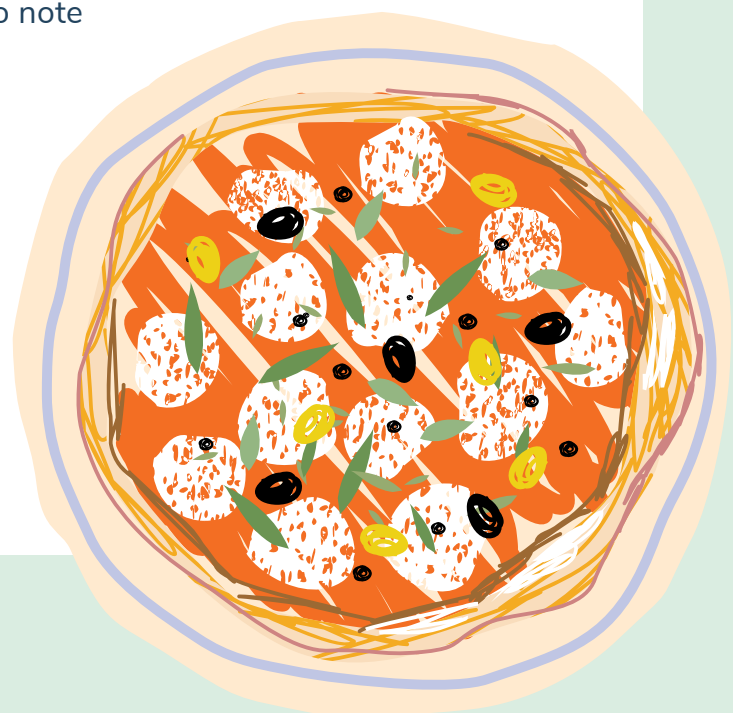
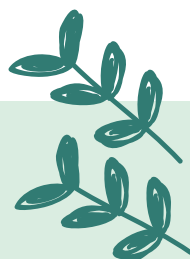
WHERE was it disposed of					
A General Rubbish (red or dark green lid) bin	B Food and Garden Organics (light green lid) bin	C Home compost bin or worm farm	D Fed to pets	E Tipped down the sink	F Other
WHY was it disposed of					
1 Inedible waste (e.g. fruit or vegetable peelings / cores, bones, coffee grounds, teabags)	2 Item has expired (past the USE-BY date)	3 Item has spoiled (smells off, has mould on it)	4 Item is bruised or damaged	5 Uneaten / unwanted leftovers	6 Other

Food waste measuring methods

Quick snapshot

1. At the start of week 1, clean out all unwanted or expired food from your fridge and pantry before your next grocery shop and put it on a table or the kitchen bench.
2. Take a photo to show the extent and type of food waste. Before throwing away, use the key above to note WHY the food was wasted and WHERE it was disposed of.
3. Take a photo of any food wasted from your meals for 1 or 2 days before throwing away. Again use the key to record WHY it was wasted and WHERE it was disposed of.

Repeat these 3 steps at the end of week 4 and compare before and after photos of food waste from the fridge, pantry and from meals.



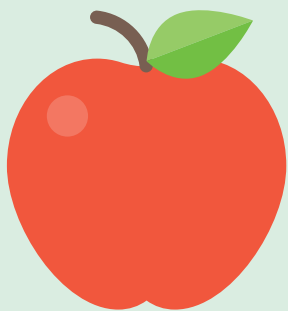
Food waste log

Our food waste log is a handy template to measure and record the food you are wasting. It can be downloaded, printed and filled out. during the 4-week Eat It Don't Bin It Challenge so you can estimate the change in your food waste.

Ideally you would involve all members of your household. You could have a copy of the log near the kitchen bins where everyone can record what they throw out.

Record the weight (in grams) of each item of food disposed of. If you are not using scales, describe the amount of food wasted. Use the same process throughout to make it easier to compare your food waste at the start and end of the program.

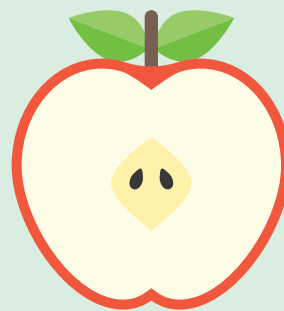
If disposing of part of a food item, such as a piece of fruit, loaf of bread, piece of steak, then record the proportion of the item discarded:



a whole apple



three quarters

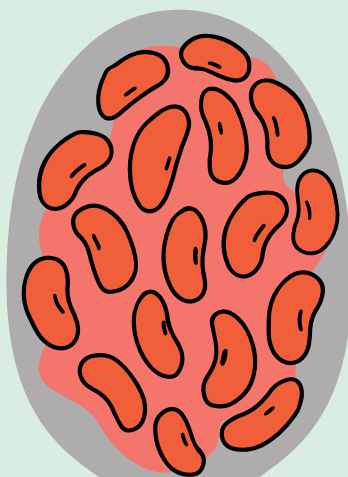


half an apple

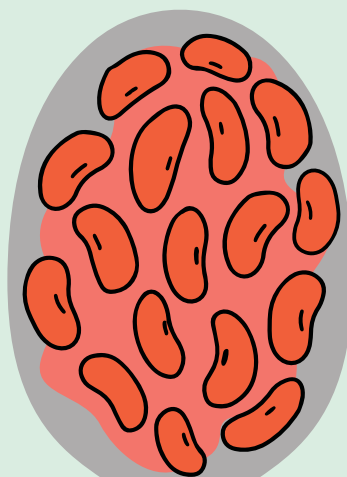


one quarter of an apple

Otherwise describe the volume of food being disposed of using a standard cup or tablespoon measure:



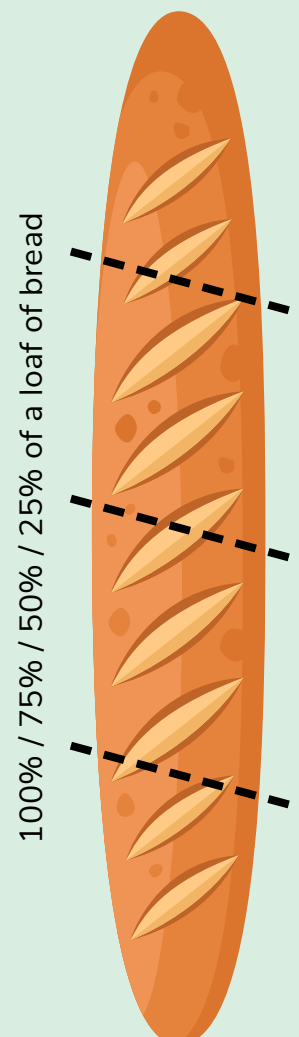
2 tablespoons of baked beans



2 cups of mashed potato



Half a cup of milk



Food waste log

Date	Meal / Snack	Description of food	Amount	Where	Why
Total					

Menu planner and shopping list

Plan your menu around your household's weekly schedule and what is in season. Check your pantry, fridge and freezer for what you already have and make your shopping list for the exact amount of ingredients you need based on your menu plan. **Don't forget your reusable shopping bags!**



Weekly Menu Plan	Shopping List
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Moreland City Council
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www.moreland.vic.gov.au

Moreland Language Link

廣東話 9280 1910
Italiano 9280 1911
Ελληνικά 9280 1912

عربي 9280 1913
Türkçe 9280 1914
Tiếng Việt 9280 1915

हिंदी 9280 1918
普通话 9280 0750
ਪੰਜਾਬੀ 9280 0751

All other languages
9280 1919