

Love Food Hate Waste

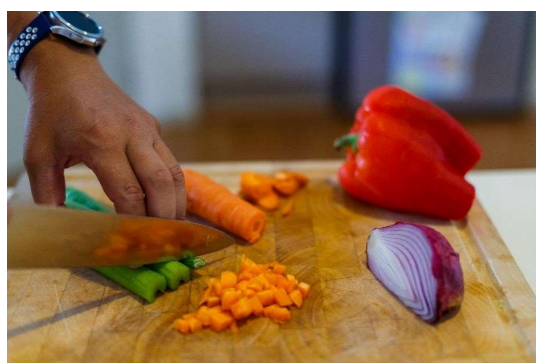
CHALLENGE

Week 1: Love your leftovers

Welcome to the first week of the Love Food Hate Waste Challenge!

In most households, food waste starts before you even head out to the shops. Why buy more when you can use what you already have?

Using your leftovers is one of the easiest ways to cut food waste. Get creative and you can give leftovers a new life. Why not try one of these tasty treats.



- Three-ingredient [peanut butter and banana 'ice cream'](#) to use up any aging bananas.
- [Cherry tomato pasta bake with sourdough and parmesan cheese](#) to pop in aging tomatoes and use up stale bread.
- Cheats [chicken shawarma wraps](#) for any leftover cooked chicken.

**TASTY
TIPS**



- Make it easy to find food that needs to be used up.
- Eat the oldest items first.
- Freeze excess food.
- Cook one meal each week that combines foods that need to be used up.
- Use your leftovers as a tasty lunch.
- Preserve any unused vegetables by pickling or preserving food.

The challenge

Create a shelf of your fridge or pantry for your leftovers or other food that needs to be eaten. Get everyone in the household to use food on this shelf first or rotate food by moving the oldest items to the front. Make it failproof by using transparent containers to easily see what's inside.

What's your best 'use it up' tip?

Share your progress with us by tagging @QldEnvironment and using #FoodWasteChallenge #qldenvironment on Facebook!



Did you know?

Australians waste approximately one in five bags of groceries a week!

The foods most commonly wasted in Australian households include bread, bananas, vegetable salads, cooked rice and cooked beef. What a waste.

Check out the [Love Food Hate Waste recipe database](#) for ideas on how you can love your leftovers.

[Click here for more resources and information on the challenge.](#)



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