

Love Food, Hate Waste

Tips and food
storage guide



**LOVE
FOOD**
hate waste



Dedicated to a better Brisbane

1 in every 5 shopping bags of food we buy ends up in the bin.



Food waste is ultimately a result of poor planning, buying too much and cooking too much food. When we throw away uneaten food, we are throwing away money and valuable resources. The *National Food Waste Strategy* shows that the average Australian household could save between \$2200-\$3800 every year, just by planning and shopping more carefully, and eating what we buy.

Brisbane City Council has joined the Love Food Hate Waste movement to help residents save money and reduce waste to landfill. You can help keep Brisbane clean and green by joining the fight against food waste. Make small changes to the way you shop, store and prepare food to make a difference.

Brisbane's top 10 most wasted foods

- | | | |
|-------------|---------------|------------|
| 1. Bread | 5. Watermelon | 8. Onion |
| 2. Bananas | 6. Apples | 9. Corn |
| 3. Broccoli | 7. Pumpkin | 10. Potato |
| 4. Oranges | | |

Tips to reduce food waste

Your food waste journey begins today by making a few simple changes to how you plan, shop, store and cook food.

Plan ahead

Before you shop, check what you have in your fridge, freezer and pantry. Create a weekly meal plan based on the ingredients you already have and write a shopping list for the remaining ingredients you need.

Shop mindfully

Write a shopping list and only buy what is on the list! You'll be surprised by how much money you save. Buy the exact quantities you need by choosing loose fruits and vegetables, and items from the deli rather than pre-packaged varieties.

Avoid impulse buys, two-for-one specials, and bulk buys on fresh produce. Buying in bulk only saves you money if you are able to use the food before it expires.



Search 'Love Food Hate Waste' on Council's website for more storage information.

Smart food storage

Take the time to learn how to best store individual foods in your fridge, freezer and pantry to ensure they last as long as possible.

For example, some produce emits a gas that can prematurely ripen nearby fruit and vegetables, so these are best stored separately. Ripe bananas are the most common culprit for over-ripening their neighbours!

Did you know that bread is the number one most wasted item in Brisbane? Combat bread waste in your household by popping it in the freezer as soon as you bring it home.



Eat me first

- Create an 'Eat me first' section in your fridge, freezer and pantry.
- Keep things in your fridge visible.
- Implement a 'first in, first out' principle by moving older produce to the front or top so you consume it first.
- Share these systems to everyone in your household.

Love your leftovers

Make a plan to use your leftovers.

Freeze or refrigerate leftover food in meal-sized portions to enjoy later and label them so you know how long they've been in the fridge or freezer.



'Best before' and 'use by'

The 'use by' date indicates when a food needs to be consumed by for safety reasons, while the 'best before' date provides a guide on how long food should retain its freshness. Foods that have passed their 'best before' dates are often safe to eat, though freshness and quality may be affected.

Eat and enjoy

Allow people to serve themselves to avoid uneaten food being wasted on plates. Invest in divider plates or containers to make eating small portions of different meals more appealing for kids.

 Join the challenge! Search 'Six-week Food Waste Challenge' on Council's website.

Recycle what's left

Despite our best efforts, there will always be some unavoidable food waste. Using a compost bin or worm farm to recycle your food scraps will help reduce the amount of food sent to landfill.

Council's Community Composting Hubs and Compost Rebate Program can help get you started.

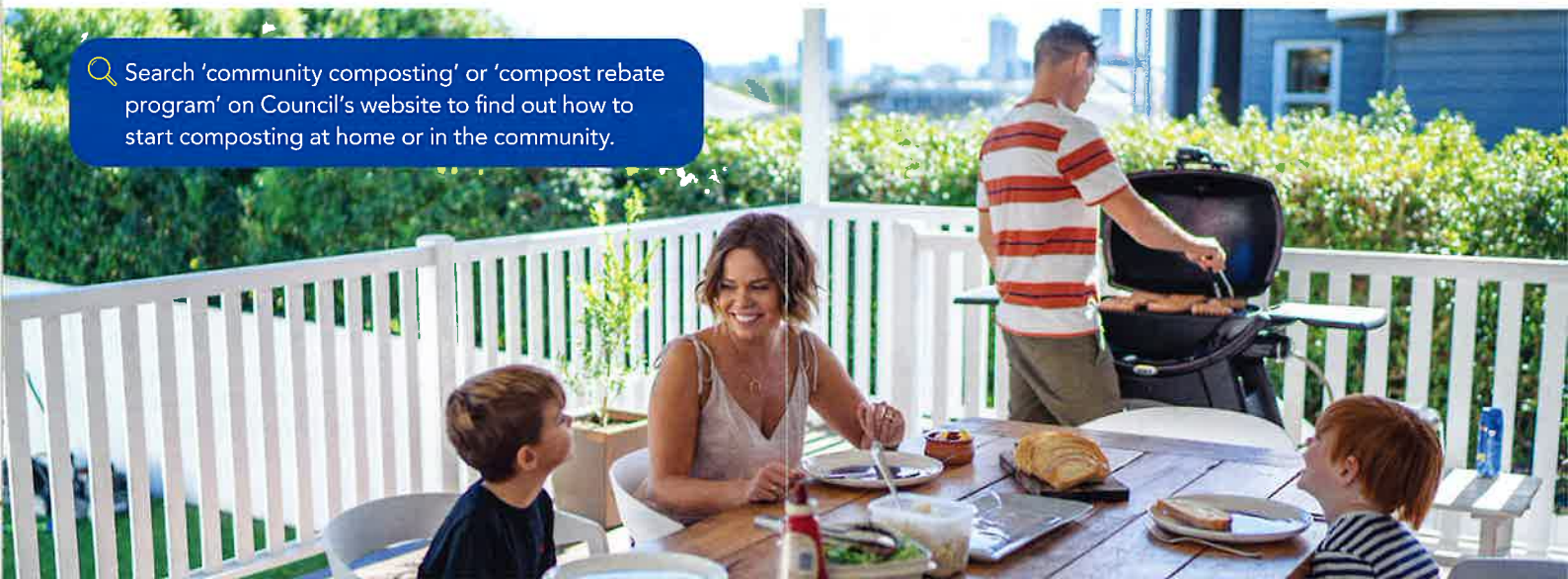


Brisbane's subtropical climate means that smart food storage can protect your food from the effects of heat, humidity and pests.

By knowing how to store your food correctly:

- it will stay fresher for longer
- you'll save money
- you'll feel more confident about food safety
- you'll reduce food waste at home.

🔍 Search 'community composting' or 'compost rebate program' on Council's website to find out how to start composting at home or in the community.





Herbs



Store herbs in the fridge.

Keep herbs fresh by wrapping them in damp paper towel and storing in airtight containers. Herbs can also be mixed with butter or put in ice cube trays, topped with water and frozen to extend their life.

Mushrooms



Store mushrooms unwashed in a paper bag in the fridge.

Plastic bags or airtight containers will cause mushrooms to degrade more quickly. If you plan to use mushrooms for cooking, they can be frozen first.

Oranges



Store oranges loose in the fridge.

If you prefer your fruit at room temperature, think ahead and place one in the fruit bowl before eating.

Pumpkin



Store whole pumpkins in a cool dry place.

Avoid placing a whole pumpkin directly on a surface. Place a mat of cardboard under the pumpkin to increase airflow.

To store cut pumpkin, wrap it tightly in plastic or beeswax wrap and place it in the fridge.

Leaving the seeds in or scooping them out makes no difference to how long the pumpkin will last.

Lettuce and salad leaves



Wash and dry your lettuce and salad leaves before wrapping it in dry paper towel, then store it in a sealed container in your fridge.

Wilted lettuce and salad leaves can be revived by soaking in a container of ice water for 20 minutes.

Onions



Keep onions in the pantry away from sunlight and moisture.

Tying onions in stockings will help them stay fresh for up to six months.

Store onions away from potatoes and apples.

Potatoes



Store potatoes in a cool, dry, dark place and away from onions.

If your potatoes have sprouted they are still safe to eat, simply cut off the sprouts.

Unwashed potatoes last longer than clean potatoes.

Tomatoes



Store tomatoes in the fridge.

Tomatoes left at room temperature will continue to ripen.

What do the symbols mean?

Where to store your food



Fridge



Freezer



Pantry



Fruit bowl

What are the right conditions?



High humidity



Low humidity



Avoid humidity

More about your fruit and vegetables



Wilt



Produce ethylene



Apples



Store apples loose in the fridge.

They will last eight times longer chilled than at room temperature.

Avocados



Store ripe avocados in the fridge, they will continue to ripen if left at room temperature.

To keep cut avocados fresh for longer, sprinkle them with lemon or lime juice and put them in an airtight container.

Bananas



Store bananas at room temperature (not in a cupboard) and away from other produce.

Once ripe, they can be stored in the fridge to extend their life. Although their skin will turn black, they're still fine to eat.

Peel and freeze overripe bananas and use later in smoothies or baking.

Berries



Store berries in the fridge in a container lined with a paper towel. The paper towel will absorb any moisture.

Berries can also be frozen for use in smoothies and cooking.

Broccoli



Rinse your broccoli in water, shake off the excess water, wrap in a cloth, and store in a high humidity environment.

Extend the life of your broccoli by blanching it and then freezing it in florets.

Bread



If you don't eat bread every day, put your bread in the freezer and take out slices when you need them.

Bread can last in the freezer for more than three months.

If you prefer not to freeze your bread, storing it in the fridge rather than on the bench will extend its life.

Grains, cereals and pasta



Store your grains, cereal and dry pasta in airtight containers in the pantry.

Once cooked, rice and pasta can be stored in the fridge or frozen in containers.

Refrigerated rice or pasta should be eaten within three days.

Give your fruit and vegetables a little love by storing them in the right conditions.

As some fruits and vegetables ripen, they release ethylene, a gas that can cause other produce that is nearby to ripen more quickly. To prevent this, keep foods that produce large amounts of ethylene, like apples, avocados and bananas, separate from other produce.

Storing meat at home

Fresh meat*

Refrigerated fresh meat should be used within two days.

Deli lunch meat*

Store deli lunch meats in the coldest section of your fridge in an airtight container, and use within three to five days.

Cooked meat*

Leftover or pre-cooked meats will safely last in the fridge for three to four days.

* Fresh meat, deli lunch meats and cooked meat can all be frozen and will retain their texture and taste for 3 to 12 months, however they will start to deteriorate over time. If frozen and then defrosted, use within two days.

Fridge storage for your fresh produce

If your crisper has a humidity control function, adjust the level to suit the type of food you are storing. If your crisper doesn't have a humidity control setting, you can create a high humidity environment by sealing food in an airtight container or sealed bag with a little splash of water or damp napkin.

Store in a high humidity environment

- Asparagus
- Broccoli
- Carrots
- Celery
- Cucumbers
- Eggplants
- Green beans
- Herbs
- Leafy greens
- Lettuce/salad leaves
- Zucchini

Store in low humidity environment or loose in the fridge

- Apples
- Apricots
- Avocados
- Bananas (ripe)
- Cantaloupes/rockmelon
- Honeydew melons
- Kiwi fruit
- Mangoes
- Nectarines
- Papayas
- Peaches
- Pears
- Plums