

TOP 10 FOODS NEW ZEALANDERS THROW AWAY



bread



leftovers



potatoes



apples



chicken



bananas



lettuce



oranges



pumpkins



carrots

THE AVERAGE FAMILY THROWS AWAY

\$563

WORTH OF UNEATEN FOOD PER YEAR!

that's



THREE SHOPPING TROLLEYS' WORTH OF FOOD THAT
GOES STRAIGHT IN THE BIN!

\$872,000,000

for



EACH FAMILY
IS TOSSING

79

KILOS
of uneaten food
per year

IT'S LIKE
BINNING
55



SIZE 14
CHICKENS

OR

888
APPLES



SIX SIMPLE THINGS

YOU CAN DO TO REDUCE YOUR FOOD WASTE

PLAN YOUR MEALS AND **BUY** WHAT YOU NEED

**Store your bread in
the freezer**



KEEP POTATOES IN THE DARK

Take your **leftovers** for lunch ✕



STEW FRUIT



or make **SMOOTHIES**



Add leftover chicken
to a **PIZZA**, in a
PIE or in a **PANINI**



**LOVE
FOOD**
hate waste
NEW ZEALAND

lovefoodhatewaste.co.nz