

LIVING SUSTAINABLY

Simple everyday actions to take care of the environment so that the environment can continue to take care of us!

ENVIRONMENTAL
SUSTAINABILITY.

Rockhampton
Regional Council



MINIMISING FOOD WASTE

SUSTAINABILITY IN ACTION!

Living sustainably comes down to daily habits and choices you make, both big and small, that can have huge environmental impact.

Did you know? According to OzHarvest, one out of every five bags of groceries purchased by Australian households ends up wasted.

Fighting food waste is not hard, it just requires better habits. Here is just a sample of top tips to get you into good food saving habits to fight food waste!

Check what you already have in your pantry, fridge and freezer before shopping

- Check the 'best before' and 'used by' dates on items regularly.
- Check the fruit and vegetables to see what needs to be consumed first.
- Move items that need to be consumed first to the front or more visible location.
- Plan your meals to consume fridge and pantry items first.
- Use a meal planner and shopping list template to guide your shopping list of required groceries.
- Create your shopping list according to the above.

Purchase only what you need

- Take your shopping list with you or use the list as you place an online order – cross items off the list as you place them in your trolley.
- Investigate local whole food options where you can purchase specific quantities and take your own reusable containers to refill.
- Remember to bring your own shopping bags and containers.
- Purchase only what is on list, do not fall for 'deals' requiring multiple purchases of perishable items.

Store food correctly

- Use clear, air tight, reusable containers so the contents are visible.
- Freeze food nearing it's used by date if possible.
- Check your fridge temperature is set at 4 degrees and do not overload so that the cold air circulates correctly.

Cook planned meals

- Cook the planned meals using the items that are nearing their used by date first to use them up.
- Use up older fruit and vegetables in smoothies, soups and stocks.
- Cook to your meal planner and stick to it.
- Store leftovers in clear, air tight, reusable containers for lunches or your planned dinner another night.

GET INVOLVED AND FIND OUT MORE!

SIGN UP FOR THE LIVING SUSTAINABLY ENEWSLETTER!

rockhamptonregion.qld.gov.au/EnvironmentalSustainability

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