



SAVE ON FOOD COSTS

DID YOU KNOW?

-  Australians throw away more than three million tonnes of food per year.
-  We throw out about one out of every five bags of groceries.
-  We buy too much food which ends up as out of date or off in the fridge and has to be thrown out.
-  Food waste takes up about 40% of our garbage and when it goes to landfill it produces greenhouse gases and leachate, both bad for our environment.
-  By reducing waste you save both money and the environment.
-  You could save \$25 out of \$100 by following simple tips...

TIPS TO AVOID FOOD WASTE

- ✓ Plan your meals
- ✓ Write a shopping list
- ✓ Buy food as you need it
- ✗ Don't buy too much
- ✓ Serve smaller portions of food
- ✓ Freeze and label any leftovers
- ✓ Make jams, chutneys and preserves when you have too much
- ✓ Recycle your food scraps with a worm farm or compost bin

Worm farms and compost bins are the ideal natural way to recycle food waste. You produce beautiful fertilisers for plants and reduce the amount of waste going to landfill.

Contact Warringah Council on 9942 2111 or look online at www.warringah.nsw.gov.au for information about worm farms or composting.

