

TOP 10 FOODS NEW ZEALANDERS THROW AWAY



BREAD



LEFTOVERS



ORANGES & MANDARINS



APPLES



BANANAS



POTATOES



POULTRY



RICE



LETTUCE



BEEF

THE AVERAGE FAMILY THROWS AWAY

\$644

WORTH OF UNEATEN FOOD PER YEAR!

that's



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

\$1.17 FOR
BILLION



EACH FAMILY IS
TOSSING OUT
86
KILOS
OF UNEATEN FOOD
PER YEAR

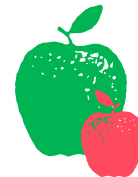
IT'S LIKE BINNING

62



SIZE 14
CHICKENS

OR



966
APPLES

SIX SIMPLE THINGS
YOU CAN DO TO REDUCE YOUR FOOD WASTE

PLAN YOUR
MEALS AND BUY
WHAT YOU NEED

SHOP WITH
A **LIST**

STORE YOUR
BREAD IN THE
FREEZER

DON'T
PEEL YOUR
VEGETABLES

STEW FRUIT
OR MAKE
SMOOTHIES

TAKE YOUR
LEFTOVERS
FOR LUNCH

