

# Resource cards

## 6 helpful FRIDGE HACKS



- 1 Keep it cool:** make sure your fridge is between 1°C and 4°C.
- 2 The door is the warmest part of your fridge,** so use it to store things like drinks and sauces, not your milk or cheese.
- 3 Have an 'Eat Me First' shelf** where you put food that other people can help themselves to, like leftovers, food that has a short shelf and snacks for the kids.
- 4 Don't overfill your fridge** as air needs to circulate in order to keep your food cold. If your fridge is too full, put some things into the freezer.
- 5 Not all food belongs in the fridge** – tomatoes, onions, potatoes and bananas definitely shouldn't be kept in the fridge. Other items that don't need to be kept cold include eggs and condiments like tomato or sweet chilli sauce.
- 6 Use your crisper drawers smartly** – keep your vegetables in one and your fruit in the other. This will ensure everything stays as fresh as possible.

To learn more ways you can save food and money visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



## 10 things you didn't know could be FROZEN



Freezers act as a 'pause button', preserving your food until you need it. In addition to items like bread, meat and leftovers, here are 10 items you can also freeze:

- 1 Cheese** – hard cheese freezes well (grated or in blocks)
- 2 Raw eggs** – make sure you separate the whites and the yolks first
- 3 Milk** – tip a little bit into your tea before freezing so it has room to expand in the bottle
- 4 Sauces and stocks** – use ziplock bags to freeze leftover sauces
- 5 Dairy** – cream, sour cream etc can be frozen but they will need to be used for cooking or baking once defrosted
- 6 Liquids** – leftover wine, coffee and coconut milk can all be frozen in ice cube trays
- 7 Baked goods** – such as cakes and biscuits last much longer in the freezer
- 8 Vegetables** – either blanch or cook fully before freezing so they retain their texture
- 9 Bananas** – peel and slice them before freezing
- 10 Cooked rice and pasta** – perfect for when you accidentally cook too much

Almost anything can be frozen with the exception of fruit and vegetables with high water content like lettuce, cucumber, watermelon and oranges.

To learn more ways you can save food and money visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



Fridge/Freezer hacks  
(minimum A5)

BEST BEFORE: 19/04/17

## EVERYTHING YOU NEED TO KNOW ABOUT EXPIRY DATES

Knowing the difference between use by and best before will save you food and money

### USE BY FOOD SAFETY

Do not eat after this date.

In New Zealand you'll mainly find use by dates on meat, seafood, some ready-to-eat chilled foods and infant formula.

### BEST BEFORE QUALITY

You can eat food after this date, but it may not be at its best.

Use your senses to check if the food is safe to eat. If it looks ok, smells ok and tastes ok then you can eat it.

Always follow the storage instructions on the package. Please take extra care if you are pregnant, sick or elderly, or if feeding the food to a young child.

To learn more visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



Expiry dates  
(minimum A5)

## FREQUENTLY ASKED QUESTIONS

### Can I eat meat after its use by date if it has been frozen?

Meat is fine to eat after its use by date, but only if it was frozen before the date. Defrost and cook it within 24 hours.

### Is it safe to eat eggs after their best before date?

In New Zealand eggs are safe to eat after their best before date, but you need to keep them cool to keep them fresher for longer.

### What about yoghurt?

Dairy products have a best before date, which means they can safely be eaten after their date. Always use your senses to check it – if anything seems a bit off then don't eat it. Sometimes yoghurt can get a bit watery. This liquid is the whey separating from the rest of the yoghurt. It is safe to eat – just mix it back into the yoghurt.

### Does tinned food last forever?

No – but it can last for many, many years, which is why it is good to have a stash in case of an emergency. If a tin has a deep dent or opening then it should be discarded as bacteria may have been able to enter it.

### Why is there a best before date on my packet of biscuits?

Any food with a shelf life of less than two years is required to have a best before date on it. Chances are your biscuits (or other packaged item) will still be good to eat long after this date.

To learn more visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)





# FREEZE IT!

DO ONE THING DIFFERENTLY

Use your freezer like a pause button

You can freeze food right up to its use-by date.

## NOTICE

Always defrost leftovers completely, either in the fridge or in the microwave. Cook the food within 24 hours of defrosting until piping hot and **DO NOT RE-FREEZE!**

Did you know?  
You can freeze pretty much everything!



**FREEZE** bread? ✓

Use straight from frozen as toast or make sandwiches for work - by lunchtime they'll be defrosted!



**FREEZE** bananas? ✓

Peel and chop them: perfect for making smoothies!



**FREEZE** cheese? ✓

Grate it first: great for cheese on toast, omelette, etc.



**FREEZE** eggs? ✓

But separate yolks from whites first!



**FREEZE** milk? ✓

You can freeze milk in its plastic container; pour out a small amount (and use in a cup of tea) to allow for expansion. Shake well before using!



**FREEZE** leftovers? ✓

Cool them fast and freeze as soon as possible!



**FREEZE** lettuce? ✗

Frozen lettuce will turn to mush!



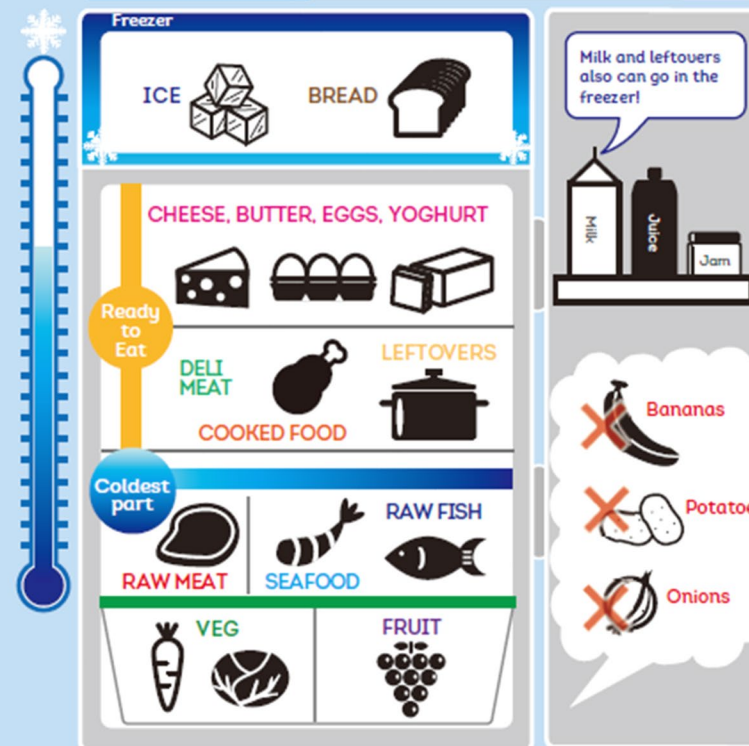
# LOVE YOUR FRIDGE!

Store your food correctly and make it last longer!

CUT  
waste  
SAVE  
money

Keep Cool  
below 5°

Up to 70% of our fridges are too warm, meaning food won't last as long as it could!



lovefoodhatewaste.co.nz



Freeze it/Love your fridge  
(minimum A5)

# NEW ZEALAND'S \$1.17 BILLION FOOD SCANDAL

NATIONALLY  
WE WASTE  
\$1.17  
BILLION A  
YEAR ON  
FOOD THAT  
WE BUY  
AND THROW  
AWAY  
UNEATEN.  
**REALLY?  
YES!**

WE CHATTED TO  
**1365**  
PEOPLE

PEERED INTO  
**1402**  
RUBBISH BINS  
AND FOUND OUT THAT

AS A NATION WE THROW AWAY

**157,389**  
TONNES OF FOOD PER YEAR

THIS WOULD FEED  
**337,744 PEOPLE**  
FOR A YEAR, THAT'S NEARLY  
TRIPLE THE POPULATION OF  
**DUNEDIN**



\$1.17 BILLION  
WOULD  
PROVIDE ALL  
SCHOOL-AGED  
CHILDREN  
LUNCHES FOR

**4**  
YEARS

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Ref: [lovefoodhatewaste.co.nz/foodwaste/](http://lovefoodhatewaste.co.nz/foodwaste/)

THE AVERAGE FAMILY WASTES  
**\$664**  
WORTH OF FOOD PER YEAR  
THAT'S 3 SHOPPING  
TROLLEYS FULL



WHAT'S THE  
**IMPACT?**

**409,234**  
TONNES OF  
CO<sub>2</sub> EMISSIONS

THAT'S LIKE TAKING  
**150,453**  
CARS OFF  
THE ROAD  
FOR ONE  
YEAR



OR  
PLANTING  
**163,693**



Food scandal/portion sizes  
(minimum A5)



# NEW ZEALAND'S \$1.17 BILLION FOOD SCANDAL

NATIONALLY  
WE WASTE  
\$1.17  
BILLION A  
YEAR ON  
FOOD THAT  
WE BUY  
AND THROW  
AWAY  
UNEATEN.  
**REALLY?  
YES!**

WE CHATTED TO  
**1365**  
PEOPLE

PEERED INTO  
**1402**  
RUBBISH BINS  
AND FOUND OUT THAT

AS A NATION WE THROW AWAY

**157,389**  
TONNES OF FOOD PER YEAR

THIS WOULD FEED  
**337,744 PEOPLE**  
FOR A YEAR, THAT'S NEARLY  
TRIPLE THE POPULATION OF  
**DUNEDIN**

\$1.17 BILLION  
WOULD  
PROVIDE ALL  
SCHOOL-AGED  
CHILDREN  
LUNCHES FOR

**4**  
YEARS

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Ref [lovefoodhatewaste.co.nz/foodwaste](http://lovefoodhatewaste.co.nz/foodwaste)

THE AVERAGE FAMILY WASTES

**\$664**

WORTH OF FOOD PER YEAR  
THAT'S 3 SHOPPING  
TROLLEYS FULL



WHAT'S THE  
**IMPACT?**

**409,234**

TONNES OF  
CO<sub>2</sub> EMISSIONS

THAT'S LIKE TAKING  
**150,453**  
CARS OFF  
THE ROAD  
FOR ONE  
YEAR



OR

PLANTING  
**163,693**



## SIX TOP TIPS

How to make the most of your  
food and save money



**Planning your meals** helps you use up all your food. Check your cupboards, fridge and freezer before going to the shops.



Write a shopping list, take it with you and stick to it so you **only buy what you need**.

**DATE LABELS**

The 'use by' date is about food safety, 'best before' just refers to when it's at its freshest.



Is your fridge cool enough? It should be **below 5°C** to keep food fresh for longer. Use a fridge thermometer to check if in doubt.



You can freeze any food right up to the 'use by' date, ideal if your plans change.



Keep your apples in the fridge, not the fruitbowl, to keep them crisp and tasty for up to two weeks longer.

Visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz) to save money with inspirational ideas, easy and cheap recipes, and handy tips.



Food scandal/top tips  
(minimum A5)





# HOW TO TURN LEFTOVERS into **PIES**



**YOU COULD ADD**  
BEANS or  
CHEESE or  
VEGETABLES



**YOU COULD ADD**  
VEGETABLES or  
SOUR CREAM or  
SAUCE e.g. cranberry



**YOU COULD ADD**  
RICE or  
COUSCOUS or  
VEGETABLES or  
BEANS



**YOU COULD ADD**  
SAUCE e.g. satay or  
tomato or  
CHEESE or EGG



**YOU COULD ADD**  
CINNAMON or  
CUSTARD or  
JAM

**ALWAYS  
BLOW  
ON THE  
PIE**

**LOVE  
YOUR  
LEFT  
OVERS**



## HOW WILL YOU **COOK IT?**



**pie maker**  
PASTRY flaky or shortcrust  
BREAD  
MASHED POTATO on top



**muffin tin**  
PASTRY flaky, shortcrust or filo  
BREAD  
TOP WITH PASTRY or leave open



**pie or oven dish**  
BASE OPTIONAL or  
PASTRY flaky, shortcrust or filo  
TOP WITH PASTRY or mashed vegetables



**free-form**  
PASTRY flaky or filo  
Make sure all of the filling is enclosed

for more recipes visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

**Auckland  
Council**  
Te Kaitiaki o Tāmaki Makaurau

**LOVE  
FOOD**  
DON'T WASTE  
IT

Leftover pies  
(minimum A5)



# POTATOES



Smash, mash or hash? How eating the whole spud can help New Zealanders reduce food waste and combat climate change.

10% of Kiwis automatically peel our vegetables before cooking, regardless of how they look – and it's an even bigger percentage when it comes to potatoes. Many Kiwis peel them and don't eat the skins, which means that we're currently throwing away 7039 tonnes of potato peelings every year.

## Nutrients in potatoes

Yet the skin of the potato contains the same protein as the flesh but has more fibre. When it comes to iron, the skin provides 88% of the total amount, with one whole baked potato giving men 57% of their daily intake and women 25%. The skin is also a good source of vitamins B and C and calcium.

## How can we encourage people to compleat their food?

Promote the nutrient value of eating skins, stalks and stems.

Showcase different cooking techniques which use the skin such as smashing potatoes or frying up rustic hash browns as alternatives to mashing or making cauliflower steaks or cauliflower rice to use up stalks.

If you do peel potatoes, then why not turn them into potato peel chips.

## Storage

Potatoes should be stored in a well-ventilated, cool, dry and dark place, like a cupboard. Don't store them in warm areas such as under the sink or near the oven as this can cause them to sprout.

Remove potatoes from any plastic packaging and store them in a paper bag or cardboard box.

Potatoes should be stored away from onions in another part of the kitchen, as they both release moisture which causes them to sprout faster.

Join us in **#compleating**

For more ideas on how to save money on your food shopping go to [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



## Steal the Peel Oven Baked Crisps

Use your leftover peels when preparing kumara and potatoes

Wash or scrub vegetables before peeling.

Preheat oven to 200°C.

Drizzle peels with olive oil and toss to coat. Spread in a single layer on an oven tray.

Bake in preheated oven at 200°C for around 15 minutes, turning once.

When crispy remove from oven and season with salt.

For more **#compleating** ideas go to [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Recipe by Sophie Gray aka The Destitute Gourmet and Editor of Food Magazine



Potatoes + recipe  
(minimum A5)



# ASPARAGUS



Asparagus is a delicate vegetable so you need to take care when storing and preparing it.

## Storing it

Use asparagus within a couple days of buying it.

Store it in the fridge. Either stand it in a glass or jar with a little bit of water in the bottom or wrap a wet paper towel around the bottom of the stalks. Be careful not to damage the tips.

If your asparagus has gone limp, soak it in cold water to perk it up.

Freezing asparagus is an easy way to create a stash for when the season is over. To freeze, blanch the spears, dry and then free-flow freeze them on a baking tray. Once frozen, put them into an airtight container.

## Preparing it

To get rid of the woody end, trim the very end off the bottom of the asparagus spear then use a vegetable peeler to remove the tough outer skin (just around the base). If the spears are thin they should not need to be peeled.

Alternatively, you can snap or cut off the woody stalk if you are going to use them for something else.

## Things you can do with the stalks

Slice them thinly and use them in a stir-fry or salad.

Use them in a soup or to flavour a stock.

If pickling is your thing, add them next time you pickle vegetables.

If you're not going to eat them, throw them into your compost or bokashi.

For more ideas on how to save money on your food shopping go to [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Proudly supported by



SERVES  
4

## Asparagus Stalk Soup

4 cups of asparagus stalks  
30g (2 tbsp) butter  
1 leek, finely sliced (including the green part)  
1 potato, peeled and chopped

1 clove garlic, crushed  
 $\frac{1}{2}$  cup white wine  
1 litre chicken stock  
 $\frac{1}{4}$  cup cream

Melt the butter in a pot.

Add the garlic and leek and cook until soft.

Add the white wine and cook until the wine has reduced by half.

Add the potato, asparagus and stock and simmer until the vegetables are tender.

Allow the mixture to cool, then blitz it in a blender until smooth.

Add the cream and then re-heat, but be careful not to boil it.

Season and serve with sprigs of dill or sage leaves.

**TIP:** You may need to strain the soup through a sieve before you add the cream to remove any stringy, fibrous material that did not blend.

RECIPE COURTESY OF



Asparagus + recipe  
(minimum A5)



# USE YOUR LOAF

20 million loaves of bread are thrown away in New Zealand every year! That's more than enough bread to make sandwiches for every school student in New Zealand for over a year.

WE WASTE BREAD BECAUSE IT GOES STALE OR MOULDY, OR BECAUSE WE (OR OUR KIDS) DON'T EAT THE BREAD ENDS AND CRUSTS. FOR MANY FAMILIES, THEY CAN BE WASTING A LOAF OF BREAD A MONTH.

## HERE'S HOW YOU CAN USE YOUR LOAF:

- Store bread in your freezer to keep it fresh and stop it growing mould. Bang the loaf gently on the bench before you pop it in the freezer – this will make it easier to separate the slices once it is frozen.
- Make sandwiches using frozen bread – it will be thawed by lunch time.
- Encourage your kids to eat their crusts.
- Don't throw away your crusts and bread ends. Turn them into breadcrumbs. Keep them in the freezer until needed.
- Use bread to make a meal – use it to make a pie, French toast, cheese rolls, mini quiches. Turn over to see our meal in a mug recipes.

For more bread recipes visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



If you've got hungry mouths to feed, this recipe is for you. Make a meal in a mug in only a few minutes using bread and a few pantry staples. These can be sweet or savoury, and can be eaten for breakfast, lunch, dinner or a snack – whatever you need! It's **quick** and **easy** to make, and you can easily adjust the flavourings to use up what you have.



## CHEESY AS

1 egg  
¼ cup milk  
Pinch of salt and pepper  
2 slices bread  
2 tablespoons tomato sauce (or relish, chutney, mustard or sweet chilli sauce)  
2 slices of ham, roughly chopped  
2 tablespoons grated cheese  
Optional toppings: sour cream, pesto, nuts, herbs

1. Spread the tomato sauce on both slices of bread, then cut each slice into nine squares.
2. Break the egg into a mug, then add milk, salt and pepper and beat well with a fork.
3. Add the remaining ingredients in alternating stages to the mug, starting with the cheese, then ham and a few squares of bread creating layers; set aside some cheese to go on the top.
4. Press the bread pieces in the mug until it is covered with the egg and milk mixture.
5. Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
6. Eat as it is, or top with your choice of topping.

## TIPS

- Any deli meat can be used for this recipe or leftover roast chicken.
- For a vegetarian version, try adding sweetcorn or other finely chopped vegetables.



## HOW TO MAKE A MEAL IN A MUG



## SWEET AS

1 egg  
¼ cup milk  
½ teaspoon sugar (or honey, maple syrup or golden syrup)  
½ teaspoon vanilla essence (optional)  
2 slices bread  
2 tablespoons spread of your choice (jam, peanut butter, Nutella, honey etc)  
1 tablespoon optional add ins: chocolate chips, sliced banana, berries etc

1. Spread the jam (or other spread) on both slices of bread, then cut each slice into nine squares.
2. Break the egg into a mug, then add the milk, sugar and vanilla. Beat well with a fork.
3. Place the bread pieces in the mug and push it down until it is covered with the sweet egg and milk mixture. If using optional extras, sprinkle them in between the layers of bread.
4. Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
5. Eat as is, or top with ice cream, yoghurt, or your favourite sweet sauce.

## TIPS

- Spices, such as cinnamon or nutmeg, can be added instead of the vanilla.
- For a different version, spread butter on the bread and then sprinkle with sugar and cinnamon.



Use your loaf & Meal in a mug (minimum A5)



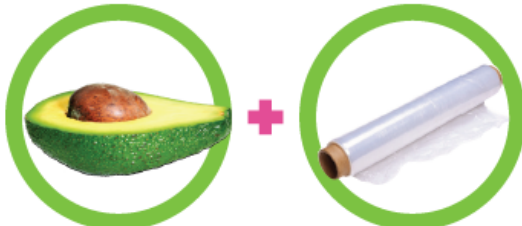
# HOW TO MAKE YOUR VEGETABLES LAST LONGER

## CARROTS



Storing your carrots in an airtight container lined with a paper towel will result in them **lasting up to 10 times longer!**

## AVOCADO



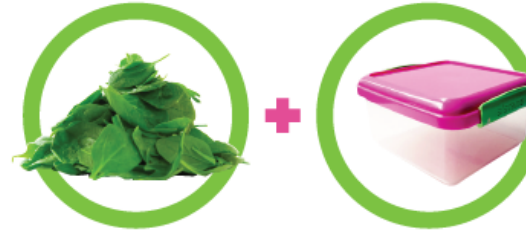
Wrapping your cut avocado tightly in cling wrap will result in it **lasting up to four times longer!** For a zero waste alternative, store it in an airtight container.

## LETTUCE



Wrapping lettuce in a paper towel and placing it in a ziplock bag, or placing your lettuce in a lettuce crisper, will result in it **lasting up to four times longer!**

## SALAD GREENS



Storing your salad greens in an airtight container will result in them **lasting up to two times longer!**

## CELERY



Storing chopped celery in an airtight container lined with a paper towel will result in it **lasting for up to five days longer!**

## PUMPKIN



Wrapping your cut pumpkin in cling wrap will result in it **lasting for up to 4.5 times longer!** For a zero waste alternative, remove the seeds and then wrap in a beeswax wrap.

For more storage tips visit  
[lovefoodhatewaste.co.nz](https://lovefoodhatewaste.co.nz)



Vege storage tips  
(minimum A5)

# HOW LONG CAN I KEEP MY LEFTOVERS?

YOU HAVE **2** HOURS TO GET THEM INTO THE FRIDGE



**2** DAYS TO EAT

THEY'LL LAST FOR **2** MONTHS IN THE FREEZER



## 7 TIPS MAKE THE MOST OF YOUR LEFTOVERS

- 1 Leftovers should be cooled before being put in the fridge, but make sure they go in the fridge within two hours of cooking.
- 2 Eat leftovers within two days – either eat straight from the fridge or heat until they are piping hot.
- 3 If you freeze leftovers they will last for at least two months. Label the container so you don't end up with a freezer full of UFOs (unidentified frozen objects).
- 4 Ensure they are covered or sealed in a container.
- 5 Don't reheat leftovers more than once.
- 6 If you have defrosted raw meat and cooked it, you can refreeze it.
- 7 If you can't eat your leftovers, share them with someone else!



For more information or recipe ideas visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

**EAT  
FREEZE  
SHARE**

Love your leftovers  
2-2-2  
(minimum A5)





## WHAT IS LOVE FOOD HATE WASTE?

Love Food Hate Waste is a campaign to help Kiwis reduce the amount of food they waste.

It is being run by 59 councils across the country in conjunction with the Waste Management Institute New Zealand (WasteMINZ) and Wanaka Wastebusters.

### VISIT THE LOVE FOOD HATE WASTE WEBSITE FOR:

**Facts** about food waste in New Zealand

**Tips** for reducing food waste

**Guides** on planning, portioning and storage

**Recipes** using commonly wasted ingredients

**Profiles** of people working to reduce food waste in New Zealand

A **calendar** of events such as cooking classes, workshops, expos and food rescue events

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



## HOW YOU CAN REDUCE FOOD WASTE

### AT HOME:

Store your bread in the fridge or freezer

Keep bananas separate from other fruit and freeze them if they are getting too ripe

Plan your meals and shop with a list

Keep one night free per week to zero down your fridge and eat leftovers and what needs using up

Create an "eat me first" shelf in your fridge

### SET AN EXAMPLE:

Tell other people about it #lovefoodhatewaste

Share your food waste tips or recipes with us to go on the Love Food Hate Waste website

Offer excess food you're not going to eat to your friends and neighbours

Attend or participate in a Love Food Hate Waste event

Volunteer with your local food rescue group

Host an event or run a Love Food Hate Waste day at your workplace

Show leadership and champion the cause

What is LFHW?  
(minimum A6)

# Recipe cards





## HOMEMADE SEED CRACKERS

Reduce your plastic waste with these super easy crackers  
- use any combination of seeds and flours.

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Proudly supported by



## HOMEMADE SEED CRACKERS

**PREP 10 MIN COOK 25 MIN**

### Suggested ingredients

250 grams mixed seeds –  
pumpkin, sunflower, sesame  
or chia  
1-2 tsp flavour seeds –  
cumin, caraway or fennel  
(optional)  
1 cup flour of your choice –  
wheat, spelt, oat, rice – but  
not self raising flour  
½ tsp salt  
3 tbsp olive oil  
½ to 1 cup water

Recipe courtesy of Elie Lewis  
[@home\\_grown\\_happinessnz](https://twitter.com/home_grown_happinessnz)

Preheat the oven to 180°C and line an oven tray with a reusable  
baking sheet.

Combine all the ingredients except for the water in a bowl. Add  
in the water slowly and only enough so that you have a thick  
spreadable mixture.

Spread the mixture out on the baking tray as thin as you can.  
Roll out further with a rolling pin if needed.

Use a knife to cut the cracker shapes in the raw dough.

Place the tray in the oven and bake until they are golden brown  
and crispy.

Leave to cool, store in an airtight container for up to 2 weeks.

[@lfhw\\_nz](https://twitter.com/lfhwnz) | Find us on [f](https://www.facebook.com/lovefoodhatewaste) | [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz) find more recipes at:

Homemade seed crackers  
(minimum A6)



## PUMPKIN HUMMUS

Avoid using plastic and reduce food waste.  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Proudly supported by  
**Auckland Council**  
Te Kaunhera o Tamaki Makaurau



## PUMPKIN HUMMUS

**PREP 10 MIN**

### Suggested ingredients

150g roasted **pumpkin**  
400g can **chickpeas**,  
drained  
3 tbsp **olive oil**  
2 tbsp **tahini**  
1 **garlic** clove, crushed  
juice of 1 **lemon**  
**salt** and freshly ground  
**black pepper**  
1 tsp **cumin**  
**olive oil** for drizzling  
**paprika**, to sprinkle

Put the pumpkin, chickpeas, olive oil, tahini, garlic and half the lemon juice into a food processor and blend until it forms a smooth mixture. If you don't have a food processor, you can use a hand blender instead.

If the mixture is too thick, add more lemon juice. Taste and season with cumin, salt and pepper.

To serve, put the hummus into a bowl, drizzle it with a little more olive oil and sprinkle with paprika. Serve with crackers, toasted bread or pita chips.

**Tip** If you don't have pumpkin you can make the recipe with another leftover roasted vegetable like kumara, beetroot or capsicum.

Recipe courtesy of  
Becky Thorn @schoolpudding

find more recipes at:  
 @lfhw\_nz | Find us on  | [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Pumpkin hummus  
(minimum A6)





# HAM & CHEESE BREAD QUICHE

No pastry, no problem!

Whip up this quick quiche in a flash using bread.

Proudly supported by



[@lfhw\\_nz](https://twitter.com/lfhw_nz)

Find us on [f](https://www.facebook.com/lovefoodhatewaste)

find more recipes at: [lovefoodhatewaste.co.nz](https://lovefoodhatewaste.co.nz)

# HAM & CHEESE BREAD QUICHE

SERVES  
4

PREP+COOK 30 MIN

## Ingredients

1 tbsp margarine (or butter)  
4 slices bread (gluten free if required)  
1 cup ham or cooked chicken, chopped  
1 cup capsicum, chopped (or vegetables of your choice)  
½ onion, finely chopped  
½ cup sundried tomatoes (or fresh tomatoes), chopped  
handful of fresh parsley, chopped  
½ cup cheese, grated  
½ cup mozzarella, grated (or diced)  
6 eggs, lightly beaten  
100 ml milk  
salt and freshly ground black pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread.

Sprinkle the cheeses evenly over the ham and vegetable mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese.

Garnish with the remaining parsley and bake in the oven for 15 – 20 minutes until golden and crispy.

Serve hot with salad or slice and pop in lunch boxes.

This is perfect for a picnic or camping.

**TIP** Play around with filling ingredients to use up what you have.

**TIP** If you don't have mozzarella, use whatever cheese you have.



[@jaxhamiltoncook](https://www.instagram.com/jaxhamiltoncook)

Find us on [f](https://www.facebook.com/jaxhamiltoncook)


find more recipes at: [jaxhamilton.co.nz](https://jaxhamilton.co.nz)


Ham & cheese bread quiche  
(minimum A6)





Proudly supported by

**Auckland Council**  Tūhonoa o Tāmaki Makaurau

 @lfhw\_nz | Find us on  | [lovefoodhatewaste.co.nz](https://lovefoodhatewaste.co.nz)

find more recipes at:

## ZUCCHINI, MINT & FETA QUICHE

SERVES  
4

PREP+COOK 30 MIN

### Ingredients

1 tbsp margarine (or butter)  
4 slices bread (gluten free if required)  
1 zucchini, grated and squeezed dry  
2 sprigs fresh mint, chopped finely  
2 spring onions, chopped  
zest of ½ lemon  
100g feta cheese  
½ cup mozzarella, grated or diced  
6 eggs, lightly beaten  
100 ml milk  
salt & freshly ground black pepper

Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.

Butter the bread and lay the buttered slices down in the prepared tin.

Mix together the zucchini, mint, spring onions and lemon zest.  
Spread over the bread.

Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.

Lightly beat the eggs and milk together. Season with salt and black pepper.

Pour mixture over the sprinkled cheese and bake in the oven for 15-20 minutes, until golden and crispy.

Serve hot topped with sour cream and coriander and a crisp green salad, or as part of a vegetarian platter. If serving cold, slice and pop in lunch boxes.

**TIP** Try using cooked peas, broccoli or spinach instead of zucchini.

**TIP** If you don't have feta and/or mozzarella, use whatever cheese you have.



find more recipes at:

 @jaxhamiltoncook | Find us on  | [jaxhamilton.co.nz](https://jaxhamilton.co.nz)

Zucchini, mint & feta bread quiche  
(minimum A6)



# Posters

# NEW ZEALAND'S \$1.17 BILLION FOOD SCANDAL

NATIONALLY  
WE WASTE  
\$1.17  
BILLION A  
YEAR ON  
FOOD THAT  
WE BUY  
AND THROW  
AWAY  
UNEATEN.  
**REALLY?  
YES!**

WE CHATTED TO  
**1365**  
PEOPLE



PEERED INTO  
**1402**  
RUBBISH BINS

AND FOUND OUT THAT

AS A NATION WE THROW AWAY

**157,389**  
TONNES OF FOOD PER YEAR

THIS WOULD FEED  
**337,744 PEOPLE**  
FOR A YEAR, THAT'S NEARLY  
TRIPLE THE POPULATION OF  
**DUNEDIN**



\$1.17 BILLION  
WOULD  
PROVIDE ALL  
SCHOOL-AGED  
CHILDREN  
LUNCHES FOR

**4**  
YEARS

[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Ref [lovefoodhatewaste.co.nz/food-waste](http://lovefoodhatewaste.co.nz/food-waste)

THE AVERAGE FAMILY WASTES

**\$664**

WORTH OF FOOD PER YEAR  
THAT'S 3 SHOPPING  
TROLLEYS FULL



WHAT'S THE  
**IMPACT?**



**409,234**

TONNES OF  
CO<sup>2</sup> EMISSIONS

THAT'S LIKE TAKING

**150,453**  
CARS OFF  
THE ROAD  
FOR ONE  
YEAR



OR

PLANTING  
**163,693**



Auckland  
Council



# FOOD LOVERS

**save money**



You can save around \$644  
a year by throwing away  
less food. Find out how at  
**[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)**



Food Lovers pumpkin  
(minimum A5)

**Bread is NZ's  
No.1 wasted food**

20 million loaves per year



**Love your bread**

Keep your bread in a cool, dark  
and dry place or freeze it.

For ways to reduce your food waste visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



Love your bread  
(minimum A5)





**The average  
New Zealand  
family throws  
away \$644 worth  
of uneaten food  
every year.**

**Sad, isn't it?**

Sadder still, all of it  
could have been eaten.

For ways to reduce your food waste visit Facebook  
[facebook.com/lovefoodhatewastenz](https://facebook.com/lovefoodhatewastenz)





Sad, isn't it?  
(minimum A5)




Love your leftovers - Chicken  
(minimum A5)



Ia tau, neke atu i te  
**\$100 MIRIONA**  
te wāriu o te kai ka whiua atu  
e te hunga o Aotearoa whānui

**TIAKINA**  **TOENGA KAI** 

KEI **MOUMOU KAI**  
**MOUMOU MONI**  
**MOUMOU TAIMA**




Kei te pae ipurangi  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)  
te roanga atu o ngā whakamārama

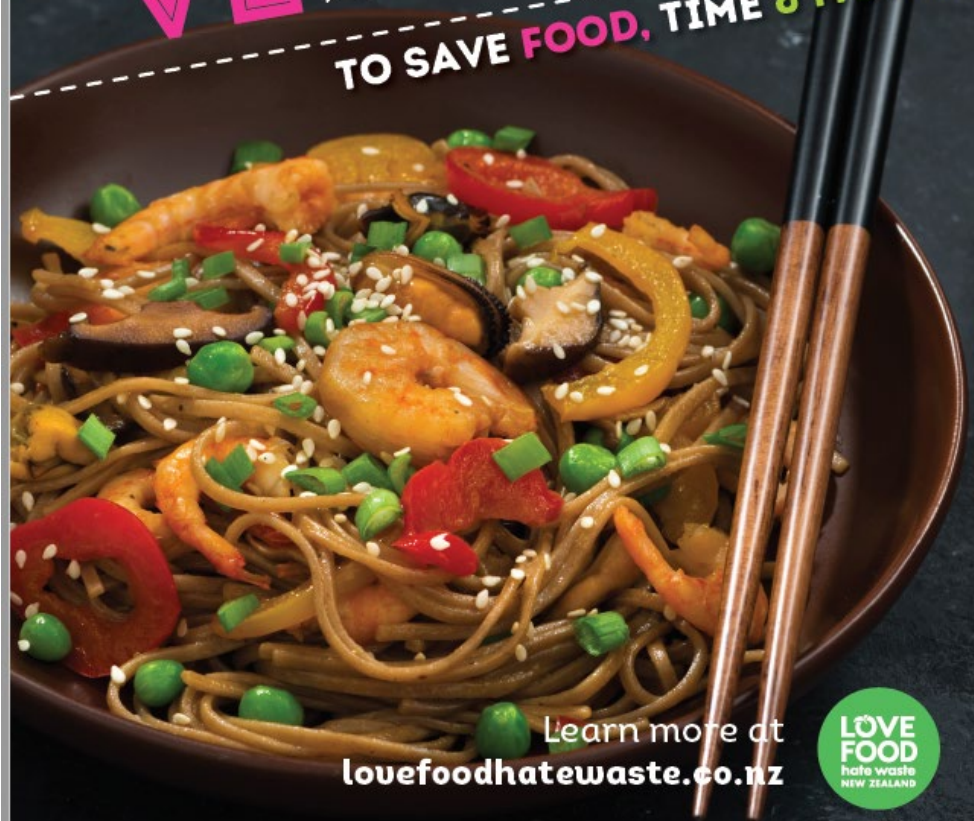
**LOVE**  
**FOOD**  
hate waste  
NEW ZEALAND

Love your leftovers – Chicken (te reo)  
(minimum A5)

NEW ZEALANDERS THROW AWAY  
**\$100 MILLION**  
OF LEFTOVERS EVERY YEAR

**LOVE YOUR LEFT OVERS** 

TO SAVE **FOOD, TIME & MONEY**



Learn more at  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

**LOVE FOOD**  
hate waste  
NEW ZEALAND

Love your leftovers - Noodles  
(minimum A5)



NEW ZEALANDERS THROW AWAY  
**\$100 MILLION**  
OF LEFTOVERS EVERY YEAR

**LOVE**  **YOUR LEFT**  **OVERS**

TO SAVE **FOOD**, TIME & **MONEY**

Learn more at  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

**LOVE**  
**FOOD**  
hate waste  
NEW ZEALAND

Love your leftovers - Lasagne  
(minimum A5)



# SUMMER STORAGE TIPS

WHEN THE WEATHER IS WARMER IT IS MORE IMPORTANT THAN  
EVER THAT WE ARE STORING OUR FOOD IN THE RIGHT PLACES.

## BREAD

The humid climate during summer means now is the most important time to keep your bread in the fridge or freezer so that it doesn't grow mould.

## TOMATOES

Store tomatoes at room temperature – refrigerating them affects their texture and flavour. If they have gone soft, use them for cooking.

## ICEBERG LETTUCE

Store in a lettuce crisper, if you have one, otherwise wrap the lettuce in paper towels and place in a resealable plastic bag.

## CUCUMBERS

Cucumbers can be stored either in the fridge or at room temperature.

Keep the plastic wrapping on telegraph cucumbers as it protects the soft skin and prevents dehydration.

## SWEETCORN

Refrigerate sweetcorn in its husk to keep it fresher for longer.

### TIP

To save on dishes, cook your corn in the microwave. Put the sweetcorn (in its husk) in the microwave and cook for 3 minutes per cob. Cooking times may vary though, depending on the strength of your microwave. Allow to cool slightly before peeling.

## STONE FRUIT

If your stone fruit is ripe, store it in the fridge to make it last longer. If it needs to ripen, keep it at room temperature.

Storing it in a paper bag with a banana will speed up the process.

## SALAD GREENS

Make slimy salad a thing of the past by keeping your salad greens in an airtight container in the fridge.

## MELONS

Once melons are ripe, store them in the fridge. Always refrigerate cut melon.

Summer storage tips  
(minimum A5)

# 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

lovefoodhatewaste.co.nz



EcoMatters



Top 10 foods infographic  
(minimum A4)