

Use Everything: Waste = Opportunity

Simple ways to make food go further



Food is more than what is on the plate. It is about health, connection, culture and community.

Making the most of what you already have can help reduce waste, save money, and stretch meals further.

Make your own veggie stock

Save:

- Carrot peel
- Potato peel
- Onion ends and peel
- Broccoli and cauliflower stems
- Herb scraps
- Ends off celery

TOP TIP

Store scraps in the freezer, then use them to make stock when you have enough.



How to make stock

- Add your frozen scraps to a pot
- Cover with water
- Bring to the boil
- Simmer for 30–60 minutes
- Strain out the scraps

Seasoning

- It is best to not add seasoning when making the stock. Season when using it so you can control the flavour for different meals.
- Store stock in the fridge for 2–3 days or freeze for later use.

Perfect for:

- Soup, Stews, Rice, and Pasta

Other simple meal-stretch ideas

- Curried Sausages | use half a pack of sausages with carrots and peas
- Sausages in Onion and Gravy with mash | use half a pack of sausages with an onion and gravy base to serve with mashed and steamed vegetables
- Chow Mein | use 500g mince, carrot and cabbage and add noodles or rice
- Chilli Con Carne (mild) | use 500g mince and add a tin of kidney beans and lentils, serve with rice.
- Chicken and Vegetable stew | cook a fillet of chicken breast in the slow cooker with vegetable stock as base, add carrots and peas/beans, then thicken with cornflour and water combined. Add mashed potato or pastry on top the next night or in the freezer to make this into a slightly different combination.

Stretching meat further

One kilo can become multiple meals

For example

Night 1: Spaghetti Bolognese

- 500g mince
- Add grated carrot, zucchini, lentils

Night 2: Rissoles or Patties

- Remaining 500g mince
- Add:
 - Grated vegetables
 - Breadcrumbs or oats
 - Egg

TOP TIP

Add lentils to mince-based meals. They are affordable, nutritious, and blend easily into dishes.

Don't Waste It - Save it

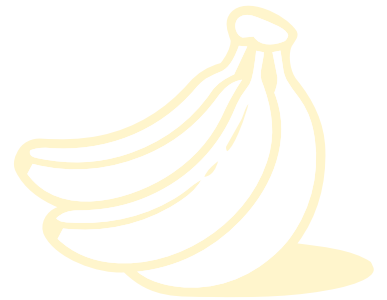
Freezing your overripe bananas

*When bananas go soft, don't throw them out
Freeze and use later for:*

- Muffins
- Banana bread
- Smoothies
- Cakes

Small changes in how we use food can make a big difference. Using what we already have helps reduce waste and stretch food further.

Food waste happens to everyone. Even using one extra ingredient or saving a small amount can make a difference over time.



TOP TIP

Peel and cut before freezing for easy use