

Love Food Hate Waste – the domestic issue

How much food do we actually waste?

New Zealanders throw away 122,547 tonnes, about 872 million dollars' worth, of food each year. That is equivalent to 213 jumbo jets of food that has to go somewhere to rot, instead of being eaten.

New Zealanders who were surveyed for a recent survey believed that the main reasons we waste food is that we don't eat our leftovers, and that food in the fridge and the freezer goes off. But it turns out we also waste a lot of food because we buy too much of it and don't store it correctly.

It's been almost a year since the Love Food Hate Waste NZ website was launched and during that year some of the focus has been on gathering and sharing tips, ideas to make use of leftovers, and research into how to store vegetables to keep them fresh for longer.

Some of the tips for reducing household food waste include gems like:

- Not buying large quantities because you think you will save money; buy what you need only
- Sunday vegetable soup- before buying fresh, make use of leftover vegetables to create a soup
- Crispy potato skins - turning potato peelings into chips
- Always keep bread in the freezer

Try turning leftovers into a pie, no matter how little you have left, whether it is leftover mince or roasted vegetables there is always enough for a pie. The beauty of using leftovers means most of the preparation has been done and all you need to do is the assembly. Pies can take many forms: made in a pie maker, free-form with filo, topped with a mashed vegetable lid, or even made with bread. You can use leftovers as they are, or mixed with sauces or vegetables to become whole new meals.

Our very own University of Otago has just completed research into storage of vegetables, the results of which can be viewed at the Love Food Hate Waste NZ website. This along with practices like making better use of your fridge and freezer, using air tight containers, storing certain vegetables and fruits separately – can all help to making your food last longer and ultimately save you money.

Refer to LFHW website for more tips on leftover usage, storage and recipes www.lovefoodhatewaste.co.nz

Good Food Dunedin is a Dunedin City Council-led initiative, supported by individuals, communities, organisations and businesses who share a vision to transform Dunedin into a thriving, resilient, and food-secure city.



Picture of food waste extracted from a general waste audit as part of the LFHW NZ research- 42kg of edible food.