

## HOW TO MINIMISE FOOD WASTE AT HOME:

1. Shop smart and realistically
2. Don't over-serve food
3. Save and eat leftovers
4. Store food in the right places
5. Avoid clutter in your fridge and pantry, so you can see all your food
6. Keep track of what you're throwing away, so you don't over-buy it in the future
7. Donate your excess food to food banks and farms
8. Try composting

## BREAK DOWN THOSE LEFTOVERS WITH SOME TASTY MINI QUICHES!

Makes 12 mini quiches  
Prep time: 10 minutes  
Cook time: 15-20 minutes

### Ingredients:

- 10 eggs
- 1-2 cups of chopped veggies of your choice (or whatever is left over in your fridge!)
- 3-4 Tbsp fresh or dried herbs
- Pinch of salt/pepper
- ¼ cup crumbled feta (optional)
- ½ cup tasty cheese (optional)

### Method:

1. Preheat oven to 200 degrees (grease muffin cups with olive oil or non-stick spray)
2. Chop veggies into small pieces
3. Add a few tablespoons of veggies to each muffin cup, filling ½ full.
4. In a medium bowl, whisk together eggs, feta and a pinch of salt and pepper until smooth.
5. Gently pour egg mixture over the veggies in each cup until ¾ full. Top with tasty cheese.
6. Cover with foil and bake at 200 degrees for 15-20 minutes or until set in the center. Allow to cool for 1-2 minutes in the pan before transferring to plate or container.

FRESH X GIRLS ONLY  
NIGHT ON:

# FOOD WASTE

# TOP 10 MOST COMMONLY WASTED FOODS IN AUSTRALIA:

1. Bread
2. Bagged salad
3. Fresh vegetables
4. Cooked leftovers
5. Fresh fruit
6. Milk
7. Eggs
8. Cheese
9. Meat
10. Fish



TRY OUT OUR LEFTOVER PROOF MINI QUICHES!

# FOOD WASTE FACTS

The Government estimates food waste costs the Australian economy \$20 billion each year.

4 million tonnes of food ends up as landfill, enough to fill 8,400 Olympic sized swimming pools.

One in five shopping bags end up in the bin = \$3,800 worth of groceries per household each year.

35% of the average household bin is food waste.

Nearly three million people are living in poverty, one quarter are children.

Over 64,000 people now receive food relief each month, one third are children.