

DIY USE IT UP TAPE

10
MIN

total prep &
completion
time



OVERVIEW

Do you want to reduce your food waste at home? Here's an easy way to waste less – create your own Use It Up tape! When you can see what food needs using up, you are less likely to waste it.

ALL YOU NEED

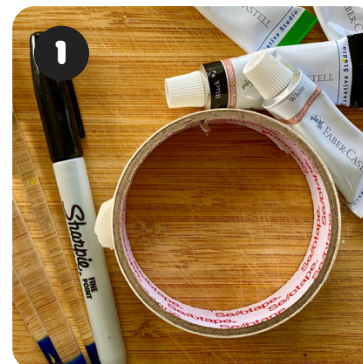
- Masking tape
- Permanent markers or crayons

♥ WHY WE LOVE THIS ACTIVITY

Tackling food waste from our homes is where we can get results fast. With 2.5 million tonnes wasted from Aussie households, this is something we can all do something about and it starts in our kitchens today!

This tape may seem like a simple idea, but we've tested it out and it really works! Use it to create a shelf in your fridge or pantry and place it on food that needs eating up. This will help save food, save money and save the planet!

STEPS



Grab your masking tape, permanent markers or crayons, and colour a bright background on the tape.



With your marker write USE ME UP, EAT ME, PICK ME across the tape.



Experiment with different colours and designs. Try drawing pictures of food or happy faces in between the words.



Use your tape to mark out where to place food that needs using up, on containers or food items.

