

The Year 3/4 FEAST Program

Food Education And Sustainability Training



Let's Stand Together and Fight Food Waste!

**The following contains information about food waste
and what Caroline Chisholm families already do to
stop food going to waste at home.**

Warning there are some really good ideas 😊

IN AUSTRALIA

- We waste 7.6 million tonnes of food each year, 70% of this is perfectly edible



- Food waste costs our economy **\$36.6 billion a year**
- Most of the food waste in Australia comes from our homes (2.5 million tonnes)



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Life of a strawberry

<https://www.youtube.com/watch?v=CLFOK4U34wI>

Journey of a carrot

<https://www.youtube.com/watch?v=LGMmweLdw0Q>

SOME OF THE MAIN REASONS FOR FOOD WASTE IN THE HOME INCLUDE:



- The use by date expires
- Leftovers get thrown in the bin
- We buy too much
- We serve too much
- It gets forgotten at the back of the fridge



THE GOOD NEWS:

reducing food waste is a way to address climate change

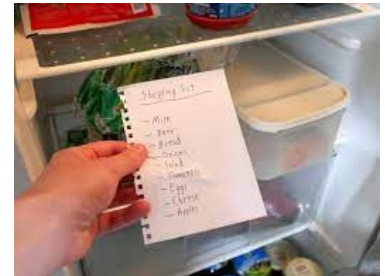


Here are some of the tips and tricks to minimise food waste that families of our year 3/4 students already practice. There are some great ideas!

Buying Food and Nutrition



- After looking at what you already have in the cupboard and the fridge - make a shopping list
- Make a list and put it on your phone
- Use an app to create and add to your shopping list
- Check use-by and best before dates before you purchase to work out whether it will be used in time
- You can buy the same foods each week
- Grow your own food and share with neighbours and family
- Good Food = Good Health
- Buy things that everyone will eat
- Only buy the amount you will eat
- Plan meals and just buy what you need
- Buy canned as well as fresh food
- Avoid panic buying!



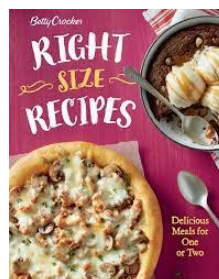
Planning

- Plan your meals for the week and buy only what you need
- Use a weekly meal planner that everyone in the family can add to
- Prepared meals that get delivered to your home can be no waste
- Check use-by and best before dates to work out when food needs using up
- Make overnight oats for breakfast
- Check dates regularly and make a meal with these foods



Cooking

- Cook just the right amount
- Cook only what you are going to eat
- Use up food while it is still good
- Use technology like a toaster that defrosts frozen bread and re-heats bread
- Use up food with a new recipe for example make popcorn cauliflower
- Smoothy bowls are a healthy dessert - it looks like ice-cream!



Storing

- Store leftovers for another meal
- Put food in see-through containers
- Store food properly so it doesn't go off
- Manage the food in your fridge so that it gets eaten.
- Check the use-by dates to use up what is close to the date
- Rotate food in the fridge and cupboard so that what needs to be eaten is at the front. See it? Eat it!
- Tall things at the back of the fridge
- Have a separate compartment for each type of food for example fruit and vegetables and meat
- Have a fruit rack or other special space for fruit so that it can be eaten in time
- Put your bread in the fridge or freezer
- Have special places in the pantry for different types of foods so that they can be found easily
- Preserve foods to make them last longer or to deal with excess
- Milk goes front and centre of the fridge



Freezing

- Cut up fruit and put into containers or snap locks for smoothies.
- Freeze bread
- Freezing yoghurt makes it taste better
- Freeze banana for smoothies
- Make ice blocks out of fruit that needs eating
- Freeze extra cooked rice ready for next time
- Leftover food can be frozen in ice cube trays
- Freeze leftover curry and add to it the next time curry is dinner
- Have a freezer food night
- Freeze fresh food until it is needed
- Freeze food that can be warmed up in the morning



Leftovers

- Mum and Dad eat the leftovers
- Donate or share with others if there is a lot of food made
- Feed other family members
- Use a thermos for hot food that can be eaten for lunch the next day
- Eat in the kitchen and don't leave food around the house
- Feed leftovers to pets and chickens
- Put leftovers in the fridge for another meal
- Save leftovers for the next day
- Only eat what you want for dinner, and you can have the rest for lunch
- Reheat leftovers for another meal
- Actually have 'leftover night'
- Eat leftovers later after dinner
- We take home uneaten lunch so that it can be used up
- Bolognaise is yummy for breakfast on toast
- Make soup out of leftover vegetables
- Have fruit salad to use up fruit that needs eating
- Make smoothies with fruit that needs eating
- Make banana cream mousse with extra bananas
- Make banana bread
- Leftovers go to the front of the fridge
- Compost leftovers that are not okay to eat anymore
- Put leftovers that haven't been eaten in a worm farm



We are quite good at stopping food going to waste at home.

We have noticed that food gets wasted at school.

The number 1 is thrown out lunch.

It's time to take responsibility and talk about lunchboxes and what will get eaten.

This is a challenge for 2022!