## A - Z OF FOOD SAVING TIPS

pples are best stored in the fridge.
Cut out any bruises and if you have too many,
make a delicious crumble or bake them.

read is the most wasted food in Australia, so only buy what you need and use straight from the freezer. Toast from frozen or for sandwiches leave for 10 minutes to defrost, whizz into breadcrumbs if hard or a bit stale.

arrots should be stored in original packaging in the fridge and can be revived by trimming and placing in a glass of water until crisp.

on't worry if your fridge looks a little

ever waste food that could be eaten.

Cook it, store it, share it ... just don't ... jud@1007e30.23532235281007e12(15)-25)4020.0810.02330.2312037eW n

otatoes are best stored in a cool, dark place. Simply cut off any sprouts or bruises and use as normal, they last for ages and rarely need to be thrown away.