

# A - Z OF FOOD SAVING TIPS

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

**B**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.

**C**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.

Don't worry if your fridge looks a little

