

# Minimising food waste

LEFT OVER ITEM	IDEAS
<b>Bananas</b> 	<p>Leftover bananas freeze really well. Peel them, pop them in a container or ziplock bag and then freeze them. Smoothies, muffins and banana bread will all work well to use up over-ripe or frozen bananas.</p>
<b>Cooked fish</b> 	<p>Break the fish into bite sized pieces and add cold or warm to a salad. Leftover fish can also be delicious added to a frittata.</p>
<b>Leafy greens like rocket and spinach</b> 	<p>Add a big handful of leafy greens such as spinach and rocket to toasties or stir through a pasta or rice dish. They cook quickly, are forgiving of slightly wilted leaves and are a great way to add veggies to your meal.</p>
<b>Pasta and Noodles</b> 	<p>Pasta salads are a great way to use up leftover pasta and can be served warm or cold. Turn leftover noodles into a quick and easy noodle soup.</p>
<b>Rice</b> 	<p>Fried rice. Fried rice is also a great way to use up leftover meat and fish. Rice salads. Serve cold for a refreshing salad when the weather is hot or serve warm in the cooler months.</p>
<b>Raw vegetables</b> 	<p>Use cucumbers to make a tzatziki. Lots of different types of vegetables can be added to baked beans and meat stews. These are also great to freeze so they are a great way to reduce waste and use as quick and easy meals later. Capsicum and tomatoes can be used to make sauces. These go well with eggs, grilled vegetable, meat and fish dishes and can even be used as pizza sauce. Freeze leftover sauce to use later. All kinds of raw vegetables can be grated and added to fritters. Carrots, sweet potato, zucchini, corn and potato work especially well.</p>
<b>Cooked vegetables</b> 	<p>Stuff whole roasted vegetables with filling to make another meal. Slice cooked vegetables to use in a burger. Use as a pizza topping. Experiment by adding all kinds of cooked vegetables to frittata. Mix them all up and add a dressing for a vegetable salad. These will all work well with different kinds of roasted or steamed vegetables such as broccoli, cauliflower, pumpkin, carrot or sweet potato.</p>
<b>Wraps</b> 	<p>Wraps aren't quite as soft as they used to be? Try toasting them or using them as a pizza or quesadilla base. This is also a great way to use up leftover meats, fish, cheese and vegetables.</p>
<b>Apples</b> 	<p>Peel, chop and cook with a little water until soft. This can be used to make apple crumble or cook a little longer and mash to make apple sauce. These freeze well until ready for use.</p>
<b>Lemons, limes or oranges</b> 	<p>Juice and freeze in an ice cube tray. Once frozen store in a labelled ziplock bag or container until required</p>