

Reducing your food waste

A food smart guide.



FOOD SCRAPS
BELONG IN YOUR
GREEN BIN



Food waste

Food waste is a huge problem in Australia. It has devastating impacts on our environment, and costs households thousands of dollars per year.

An estimated 250,000 tonnes of preventable food waste is sent to landfill each year by Victorian households — around one in five shopping bags per week.



Based on this figure, this can generate up to 475,000 tonnes of carbon dioxide equivalent (CO₂e) per year. Most food waste is avoidable. We can all take action to reduce the amount of food we send to landfill.



In 2016–2017, Glen Eira households threw out almost 31,000 tonnes of garbage in total. Based on our audits, around half of this was food waste — approximately 15,000 tonnes a year or 300 tonnes a week.



Eliminating global food waste would save 4.4 million tonnes of CO₂ a year, the equivalent of taking one in four cars off the road.





LIVESTOCK



AGRICULTURE



HARVESTING

THE STORY OF FOOD

This food ends up in landfill. Rotting food releases methane, a gas 25 times more harmful than carbon dioxide. This contributes to climate change.

ONE TONNE OF FOOD WASTE = 1.9 TONNES OF GREENHOUSE GAS EMISSIONS



LANDFILL



WASTE



STORAGE AND COOKING

Reduce your food waste with these simple steps:

1



Eat the food! Use leftovers, freeze extra food, plan your meals, write a shopping list.

2



Place it in your compost bin, worm farm, bokashi bin or feed it to your chooks.

3



Place food scraps in your green bin. The green waste is then sent to a commercial composting facility and turned into compost.



PRODUCTION



TRANSPORT



RETAIL



SHOPPING

How can I prevent food waste?

Meal planning

Planning your meals for the week or even two to three days in advance will help you make the most out of the food you buy. Portion control is a significant factor — we often cook more than we need and leftovers are thrown away or put in the fridge and forgotten.



Food shopping tips

- ✓ Check what you already have before you shop.
- ✓ When you run out, record it. Keep the list near the pantry or in your phone.
- ✗ Specials and markdowns — do you need it and will you eat it before it expires?
- ✓ Buy local and in season produce or grow your own food. Less food transport means less fuel cost and emissions — it's tastier and cheaper too.
- ✓ Remember your reusable shopping bags — new designs are available at most supermarkets that can fold up to fit in your bag.
- ✗ Avoid packaging and plastic bags where possible.



Minimizing food waste at home

Lovely leftovers

Take leftovers for lunch or turn it into a new meal. Get creative and make sure those lovingly-prepared and delicious meals are fully enjoyed and don't end up in the bin.

Fill your freezer

Most leftovers can be frozen and eaten at another time. Put them in an airtight plastic container, zip lock or freezer bag.

Fridge wise

- Check your fridge temperature — three to five degrees is perfect for food freshness.
- When the steam has stopped rising from your meal, place it into an airtight container and into the fridge.
- Refer to the fruit and vegetable storage tips table on page seven for how to best preserve their freshness and lifespan.

Compost if you can

Invest in a home composting system that works for you or use a community composting collective like Sharewaste.

Pantry perfect

Stack newest items at the back and bring the older ones to the front so you use them first. This makes it easier to see what you already have, making meal and shopping planning a breeze.

Is it still good?

'Best before' can still be eaten but the quality starts degrading after that date. Eat it ASAP! If it's past the use-by or expiry date, it can't be eaten and will have to be binned or composted.

Airtight storage

Air exposure degrades food freshness. Use sealable plastic or glass containers and jars. Elastic bands, bag clips and zip lock bags work too.

Dining out and takeaway

Take your own container for any leftovers and tomorrow's lunch is sorted. Be wary of upsizing and meal deals — it's not good value if the food is going to be thrown away.

Food scrap recycling in Glen Eira

Recycling your food waste is easy — put it in your kitchen caddy, then into your green bin. This will be turned into compost and then used in parks, gardens and farms to improve soil, rather than being buried in landfill.

Accepted food waste:



Fruit and vegetable scraps



Used paper, paper towel etc.



Meat scraps and bones



Bread, pasta and rice



Egg shells



Dairy leftovers



Coffee grounds

Green waste cannot accept:

- Plastic bags or packaging of any kind
- Cigarette butts
- Nappies and baby wipes
- Coffee pods and tea bags
- Coffee cups (including compostable)
- Kitty litter (including biodegradable)
- Dog or cat droppings
- Ash and tree stumps
- Glass and metal
- Vacuum dust
- Dishcloths
- Paper plates
- Wooden icy pole sticks

Residents with a green waste bin can order a free kitchen caddy.

Visit www.gleneira.vic.gov.au/foodwaste or contact Council's Service Centre on 9524 3333.

If you do not have a green bin, please call the number above.
Your bin collection services remain unchanged.

What happens to my green waste?

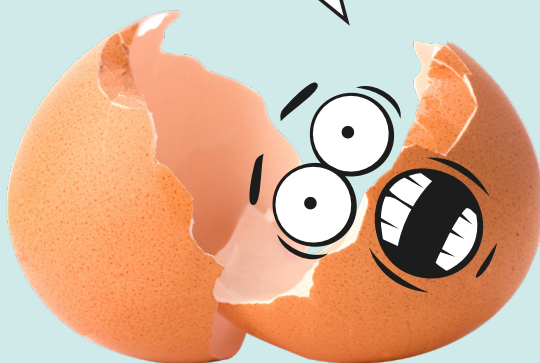
Green waste collected from kerbsides in your neighbourhood is sent to composting facilities in south-east Melbourne. It's manually sorted for contamination from items such as plastic bags, packaging, pot plants, glass and building materials.

The process works like a home compost bin where warmth, air and microorganisms break it down. However, it degrades far more rapidly, eliminating odour emissions and pasteurises weeds, their seeds and any bacteria to produce ready-to-use compost in six to 10 days. It's used in farms, parks and gardens to improve soil.



You can see stories of where this compost is used at www.backtoearth.vic.gov.au

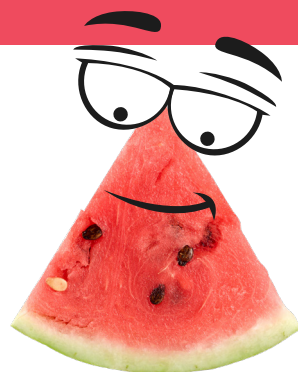
**I BELONG IN THE GREEN BIN NOW
— THAT'S NO YOLK!**



Store your food right

Keep your produce fresh and tasty.
Don't wash it until you are ready to
eat or cook it.

Cut fruit and vegetables must be stored
in a container and refrigerated.



Fruit storage tips

Fruit	Bench top	Fridge
Apples		In reusable produce bag
Apricots	Uncovered until ripe	Once ripe, uncovered
Avocado	Uncovered until ripe	Once ripe, uncovered
Bananas	Uncovered until ripe	Once ripe
Blackberries		In vented container
Blueberries		In vented container
Cherries		In vented container
Grapes		In reusable produce bag
Kiwifruit	Uncovered until ripe	Once ripe, in reusable produce bag
Lemons and limes		Once ripe, in reusable produce bag
Mandarins	Uncovered until ripe	Once ripe, in reusable produce bag
Mangoes	Uncovered until ripe	Once ripe, uncovered
Melon whole	Uncovered until ripe	Once ripe, uncovered
Melon cut		In airtight container
Nectarines	In paper bag until ripe	Once ripe, in reusable produce bag
Oranges	Uncovered until ripe	Once ripe, in reusable produce bag
Passionfruit	Uncovered until ripe	Once ripe, uncovered
Peaches	Uncovered until ripe	Once ripe, uncovered
Pears	Uncovered until ripe	Once ripe, uncovered
Pineapple whole	Uncovered until ripe	Once ripe, uncovered
Plums	In paper bag until ripe	In airtight container
Raspberries		In vented container
Strawberries		In vented container
Watermelon whole	Uncovered until ripe	Once ripe, uncovered

Vegetable storage tips

Vegetable	Bench top	Fridge
Asparagus		Stand in a jar of water or wrap stalk ends in damp paper, then into an airtight container
Green and snap beans		Airtight container
Beetroot		Airtight container
Broccoli		Vented container
Brussel Sprouts		Vented container
Cabbage red and green		Airtight container
Capsicum		Airtight container
Carrots young		Airtight container with green tops removed
Carrots mature		Airtight container with green tops removed
Cauliflower		Vented container or reusable produce bag
Celery		Airtight container
Corn husk on		Vented container or reusable produce bag
Corn husk off		Wrapped in damp cloth
Cucumber		Airtight container
Eggplant		Airtight container or reusable produce bag
Garlic bulb whole	Uncovered	
Garlic cloves separate	Uncovered	
Ginger root		Airtight container
Kale		Airtight container
Leek		Airtight container
Lettuce iceberg		Vented container or reusable produce bag
Lettuce leaves		Washed and dried, into an airtight container
Mushrooms		Paper bag
Onions	Vented mesh bag	
Peas		Vented container or reusable produce bag
Potatoes	Vented mesh or paper bag	
Pumpkin	Uncovered and in good ventilation	
Sweet potatoes	Uncovered and in good ventilation	
Tomatoes	Uncovered and out of sunlight	Once ripe

Keep a food waste diary

Tracking your food waste for one week will help you understand:

- what type of food you regularly throw away;
- the reason it could not be eaten or reused; and
- how you might reduce your waste.

For the next seven days, record all food you throw away:

- food type;
- the amount;
- reason for throwing away; and
- total up the estimated volume of waste per day.



Preventable food waste

This is food that is thrown out that could have been eaten, such as leftovers and food that is past its 'use-by' or 'best before' date.

This also includes parts of food that are often discarded, such as broccoli stalks, some vegetable peels and leaves that could be meal ingredients.

Secondary food waste

This is food that cannot be eaten, such as egg shells, bones, fruit and vegetable pips, stones and coffee grounds.

It's recommended that you record these too as they are compostable. Understanding the two will help you identify food going to waste.

Residents with a green waste bin can get a free kitchen caddy for their food waste. You can order yours online at www.gleneira.vic.gov.au/foodwaste or contact Council's Service Centre on 9524 3333.

Day/ date	Type of food	Quantity or weight	Reason not eaten	Total litres of food waste
	Pasta Bread Milk Strawberries	Large handful Two slices One litre Half punnet	Cooked too much Mouldy Past use-by date	Eg. Half litre/one cup

Hungry for more information?

More food waste reduction information can be found on these websites:

www.lovefoodhatewaste.vic.gov.au

www.sustainabletable.org.au

www.foodwise.com.au

