



# Know your waste

## STEP 1

### A food waste review helps:

- you to understand your food waste
- reduce your food waste
- us to monitor NSW food waste levels



## Smart facts

- 1** The average NSW household wastes more than \$3,000 of food a year.
- 2** We throw away around 800,000 tonnes of food to landfill every year.
- 3** The NSW EPA's Food Smart Program helps you save money and reduce food waste.
- 4** Most people underestimate how much food waste they generate.

Visit [lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au) for more hints and tips.

## Smart actions



How to do a food waste review: Collect your food scraps, spoiled food and leftovers that won't be eaten and record in the table below.

Food waste collection		
Number of people for meals	Brekky	
	Lunch	
	Dinner	
What size is your container?		
How full is your container?		



Follow the Food Smart Program for two weeks. Repeat the food waste review to see how much food waste you have reduced.

**Great start!** Now you know your waste, start saving money by continuing the Food Smart journey to Step 2.



Brought to you by  
the NSW Environment  
Protection Authority.

[lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au)