



Know your waste



A food waste review will help:

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



Smart ideas

- 1 The average NSW household wastes around \$2,100 of food each year.
- 2 Nearly 100 kg of food per person is wasted 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 for more tips, resources and recipes.

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	Breakfast	
	Lunch	
	Dinner	
What size is your container?		
How full is your container?		



Follow the Food Smart Program for six 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 to Step 2: Plan your meals.



Brought to you by the NSW Environment Protection Authority.

lovefoodhatewaste.nsw.gov.au