

No food waste

Three tips for balanced meals with no food waste

make every
bite count
Tips

1. Smart shopping

Tips to buy recommended amounts

Meat, fish, poultry

Multiply the recommended portion size per serve by the number of planned meals.

- 100 to 250g (raw weight) = One portion size per serve
- 400 to 1kg (raw weight) serves 4

Red meat

- Buy amounts to serve three to four meals per week.
- Choose portion sizes per serve equivalent to 650g (raw weight) per week. For example, recommended portion sizes per serve for 4 meals a week: 250g + 125g + 150g + 125g
- Red meat choices include beef, lamb, pork, kangaroo and game meat.

2. Leftovers

Tips to boost intake of vegetables

Soup	chop or blend leftover vegetables and add canned beans or red lentils
Stir fry	chop and stir fry harder vegetables first (e.g. carrots, broccoli stalks) and add leafy greens (e.g. spinach) just before serving
Sauce	chop finely (e.g. celery) or grate vegetables (e.g. zucchini) and add to bolognese, casserole or curry
Salad	grate or chop vegetables and add canned legumes
Pesto or dip	blend raw or cooked vegetables and trimmings (e.g. carrot, beetroot) and add spices
Roast	make sandwiches, wraps, pasta and salads with leftover vegetables and meat

Practical resources published by Meat & Livestock Australia for health professionals to provide guidance on red meat and healthy eating.

 **Healthy Meals**

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3. Food storage

Tips for quick, easy meals

Tips for freezing fresh meat

- Separate meat into portions for freezing.
- Put into airtight plastic freezer bags, then seal removing any excess air from bag.
- Label with cut name, weight and date.
- To defrost, place frozen meat on lowest shelf in the fridge until completely thawed.
- Never refreeze defrosted meat.

Tips for freezing meals

- Cool leftovers in fridge before freezing.
- Store meals in individual portions.
- Defrost frozen meals in fridge or microwave.
- Once defrosted, use within 24 hours, don't refreeze.

Quick, easy leftover meal ideas



Add canned beans (e.g. three bean mix) and different spices to basic bolognese



Use leftover meat, vegetables and herbs in soups, pasta, or salads



Roast extra vegetables for salads or wraps

