

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

