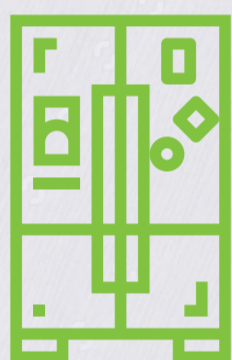


LOVE FOOD?

**EAT IT OR
FREEZE IT.**



**Cook with
what you
have**



**Substitute
similar
ingredients**



**Freeze
leftovers
and excess**

Victorians love their food but we're throwing too much of it away.

By stopping good food from going to waste in your kitchen, you can save money and save the environment.

It's a win-win.



Find great recipes, tips and ideas to save food:

lovefoodhatewaste.vic.gov.au

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