

# LOVE FOOD?

**ONLY BUY WHAT  
YOU'LL USE.**



**Plan  
meals**



**Check  
what you  
have**



**Stick to a  
shopping  
list**

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](https://lovefoodhatewaste.vic.gov.au)

Find us on Facebook/Instagram:  
@LoveFoodHateWasteVictoria

