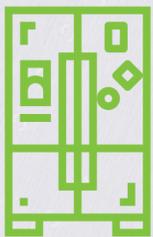


# LOVE FOOD?

**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](http://lovefoodhatewaste.vic.gov.au)

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