

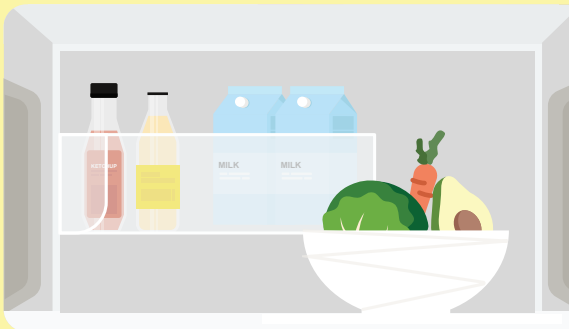


# 9 TIPS TO FIGHT FESTIVE FOOD WASTE!



## 1. Plan Ahead

Start planning your festive food menu ahead of time. How many people are coming? Which days? What food will likely need using up? If it's after Christmas Day, try menu planning to use up any leftovers ... there will always be too much ham!



## 2. Fridge & Freezer Clear Out

Need space to store your leftovers? Get your fridge and freezer ready - have a clear out the week before by eating up what you already have.



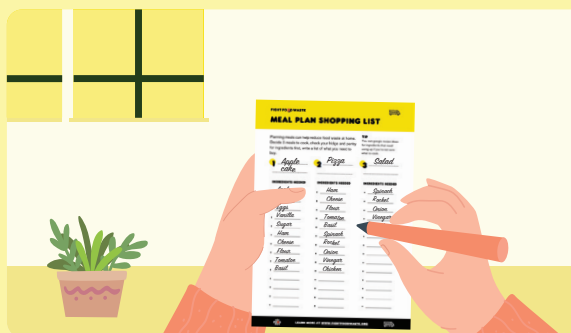
## 3. Get Use It Up™ Ready

Stock up on OzHarvest's **Use It Up Tape** and create a Use It Up shelf in your fridge! Make sure you have plenty of storage containers, ready for delicious leftovers. Get it free from our website [here](#).



## 4. Let people know

Before any event, remind your friends and family to BYO containers, so you can share the leftover load! Many mouths make light work when it comes to leftovers...



## 5. Make a List (and Stick to it)

One of the biggest reasons for waste is overbuying. Before shopping, write a list of exactly what you need (check what you already have first) and then stick to the list. Most shops will be open again on Boxing Day!



## 6. Quick Chill

Keep leftovers fresher for longer by getting them into the fridge as soon as possible (especially if it's hot!) Keep leftover meat and peeled prawns in airtight containers labelled with Use It Up tape, so you remember to eat them up!



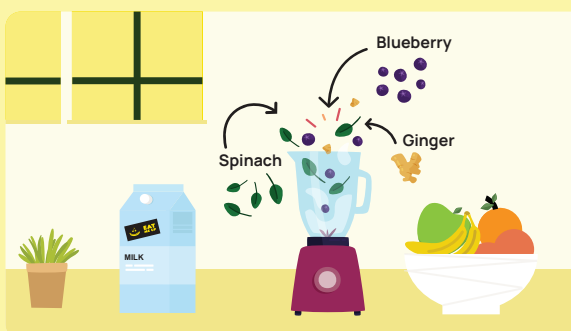
## 7. Ham It Up

Keep whole ham in the bottom of the fridge wrapped in a clean damp cloth, or slice and pop in the freezer. Use leftover ham to make fried rice, serve with eggs for breakfast or try our delicious [dumplings recipe](#). Don't forget to make a yummy soup base with the bone, too!



## 8. Transform Sweet Treats

If you have lots of odds and ends of leftover sweet treats like Christmas cake, nuts, nougat and biscuits, turn it into yummy Rocky Road by combining with melted chocolate and butter.



## 9. Fruit Platter Smoothie

Use any leftover fruit from platters to make smoothies. Simply place leftover fruit in the freezer until you're ready to blend it up with yogurt and milk – a perfect light breakfast for Boxing day! Whatever leftovers you have, if you're not sure what to cook - google the ingredients for creative ideas or check out our [Use It Up recipes](#).