

## SHOPPING HACKS

Australians discard up to 20% of the food they purchase, this equates to an average of \$1,036 of food being thrown away every year per household. Young consumers (18-24 years of age) are the biggest wasters of food, for a variety of reasons.

### **This food is wasted because...**

- We tend to cook too much food and don't know how to use leftovers.
- Food is mistakenly thrown out before its use by or best before date.
- We don't check the pantry or fridge before going shopping.
- We buy too much because we don't write a shopping list.
- We buy take away instead of cooking and eating the we food we have at home.

Food that is thrown away rots and gives off methane, which is a greenhouse gas and is 25 times more potent than the carbon pollution that comes from cars. When food is thrown away, this also wastes the water, fuel and resources put into getting the food from the paddock to your plate.

### **How to eliminate food waste at home:**

1. Plan your meals weekly, think about events when you don't need meals.
2. Always write a shopping list before going to the shops.
3. Include quantities on your shopping list so you don't overbuy.
4. Look through your fridge and pantry before going shopping to avoid buying items you already have.
5. Buy only what you need and will use.
6. Store your food correctly to avoid spoilage.
7. Use leftovers.

(EPA 2017; Foodwise 2017)

## SEASONAL FRUIT & VEGETABLES

When buying fruit and vegetables, the produce that is locally in season is cheaper, tastes better and has more nutrients. Fruit and vegetables start to lose nutrients immediately after they are harvested, so the best produce is that which is local and market fresh daily. Produce that has been transported over long distances overseas or cross-country cannot compete with locally grown produce, therefore it is best to buy items which are seasonal.

Here is a list of the seasonal availability of fruit and vegetables in Adelaide.

Autumn	Winter	Spring		Summer	
Apples	Apples	Asparagus	Green beans	Apricots	Okra
Brussel Sprouts	Beetroot	Avocado	Leek	Asparagus	Passionfruit
Celeriac	Cauliflower	Bananas	Lemon	Blueberries	Peaches
Figs	Fennel	Beetroot	Lettuce	Capsicum	Plums
Pears	Grape fruit	Blood orange	Lychee	Celery	Radish
Persimmon	Artichokes	Bok choy	Mandarin	Cherries	Raspberries
Pomegranate	Kale	Broccoli	Mango	Chilli	Rhubarb
Quince	Lemons	Cabbage	Mushrooms	Eggplant	Watermelon
Shallot	Limes	Carrots	Peas	Figs	Zucchini
Snow peas	Mandarins	Cauliflower	Pineapples	Grapes	
Sugar snap peas	Oranges	Celery	Potatoes	Guava	
Sweet potatoes	Parsnips	Cucumber	Pumpkin	Kiwi fruit	
Turnips	Pumpkin	Garlic	Strawberries	Mango	
	Spinach	Grape fruit	Tomatoes	Nectarine	

(Adelaide Central Market 2017)

Also visit <http://www.ripenear.me> to find free or cheap home-grown local produce!

## PANTRY STAPLES

It's always useful to keep a number of basic cooking items on-hand to create quick and easy nutritious meals whilst on the go. The list below offers a starting point which can be added to in order to suit each person's individual cooking preference.

Pantry Items	Fridge/Freezer Items	Fruit & Vegetables
Pasta	Milk	Seasonal fruit
Rice	Eggs	Seasonal vegetables
Flour	Butter	Garlic
Vegetable & olive oils	Cheese	Onion
Vinegar	Yoghurt	Potatoes
Dried herbs & spices	Condiments	Sweet potatoes
Cereal/oats	Meats	Ginger
Nuts, dates and seeds	Frozen vegetables	Lemons
Tinned tomatoes	Frozen fruit & berries	
Tinned beans & pulses	Bread	
Tinned tuna and salmon	Pizza bases	



Tinned coconut cream/milk	Fruit juice	
Stock	Curry paste	
Nut bars	Dips	
Crackers		
Tea & coffee		
Honey & spreads		