

# Consumption



1



## store leftovers in the fridge within 2 hours

- ✓ **Avoid placing hot foods** straight into the fridge as this will raise its temperature. Cool them down to room temperature first
- ✓ you can store leftovers in sealed containers for **up to 3 days** (1 day for rice dishes)
- ✓ **date-label your leftovers** so you know when it will be still good to eat

2



## get creative to use up foods before they go off

- ✓ **make smoothies or soups** with fruits and vegetables that are not so fresh
- ✓ **make an 'empty the fridge' pot** of pasta, soup, stew or stir fry
- ✓ **use vegetable scraps** to make homemade stock
- ✓ **make breadcrumbs and croutons** from stale bread

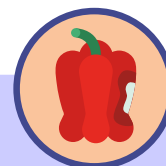
3



## love your leftovers

- ✓ **save leftovers** from dinner to have the next day
- ✓ **mix and match leftovers** with other ingredients – use a recipe app to find ideas to combine random ingredients
- ✓ **share leftovers** or foods you can't use up (e.g., before going on holidays) with friends and neighbours

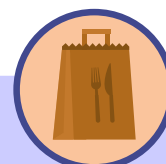
4



## know which 'mouldy' foods you can still eat

- ✓ **hard foods** (hard cheeses, salami, root veggies) can be **safe to consume** once the mouldy part & surrounding area are removed
- ✓ **Soft foods** (soft cheeses, yoghurts, bread, berries) should be **thrown out** once they start to mould.

5



## rescue restaurant leftovers

- ✓ if you can't finish your meal, ask if you can **take your leftovers home**

