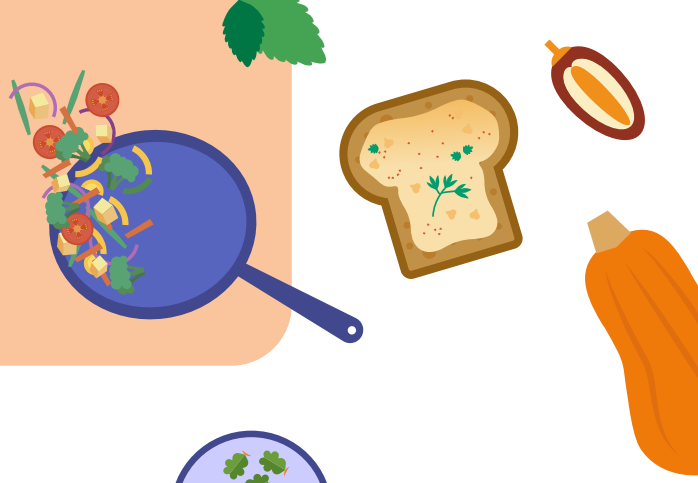


Preparation and serving



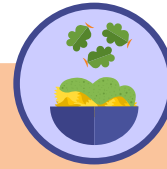
1



prepare & serve the right amounts of food

- ✓ serve **small portions** and come back for seconds if you're still hungry
- ✓ **measure portion sizes** with a scale, cups or spoons, or with your hands

2



get inspired to use up all parts of the food

- ✓ Broccoli stalks, pumpkin seeds, fennel fronds, citrus peels, and potato skins are **all edible!**
- ✓ don't cut off **more than necessary** when preparing fruit & vegetables

3



get creative to use up foods before they go off

- ✓ **make smoothies or soups** with fruits and vegetables that have seen better days
- ✓ **make an 'empty the fridge' pot** of pasta, soup or stir fry
- ✓ **use vegetable scraps** to make homemade stock
- ✓ **make breadcrumbs and croutons** from stale bread

4



know how to reheat leftovers safely

- ✓ **check temperatures** using a cooking thermometer, inserted into the centre of the food
- ✓ cooking/heating foods to temperatures of **at least 72°C for 2 minutes** will kill most illness-causing germs

5



jazz up your leftovers

- ✓ **mix and match leftovers** with other ingredients – use a recipe app to find ideas to combine random ingredients

