



Handy Tips

Check what's already in your fridge, freezer and cupboard.
Keep menu plan on your fridge.
Think about how to use leftovers.

Handy Tips

Write your list for your menu planner.
List the quantities that you need.
Take your list to the shops and stick to it!

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Join Council's Food Know How and Compost Community programs
to reduce your food waste.

Visit www.maribyrnong.vic.gov.au/Residents/Our-environment for more information.