Better World Food Challenge

Each year, one third of all food produced in the world goes to waste*. In Australia, we waste 7.6 million tonnes of food each year, whether through over-buying groceries, letting produce spoil in our fridge, or throwing perfectly edible food away. Roughly one in five bags of groceries goes to into the bin.

If we stopped wasting all that food, we'd save enough to feed two billion people. That's more than twice the number of people who currently don't have enough to eat.

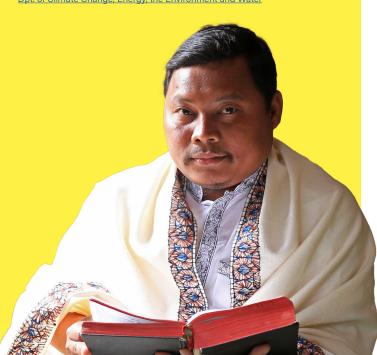
Reducing food wastage is good for everyone. It frees up resources like energy, land, water and labour, which can go towards producing food for countries in need. Untouched food can be donated locally to people facing food security. And less waste is better for our environment, as up to 10 per cent of global greenhouse gases comes from food that is produced but not eaten**.

God calls us to be good stewards of all he gives us—including the food we eat. We are to be thoughtful instead of wasteful, thankful instead of carel ess, generous instead of indulgent.

We hope our Better World Food Challenge helps you reduce food waste as together, we live for the world we want to see.

*Food and Agriculture Organisation of the United Nations

**Dpt, of Climate Change, Energy, the Environment and Water





Write A Weekly Meal Plan

Sick of month-old vegetables rotting in the fridge? Planning your meals can prevent waste, as you are less likely to buy food you don't need.

Write A Weekly Shopping List

Instead of making decisions as you wander the supermarket aisles, write a list so you only buy what you will eat. You'll also save money in your weekly grocery bill.

3 Shop Local

Buying food from local businesses means less carbon emissions, as your food travels less distance and consumes less fuel to get to you.



MY WEEKLY MEAL PLAN

	Breakfast	Lunch	Dinner			
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						
Snacks						

Tips

- Taking leftovers to work for lunch is a tasty way to reduce food waste each week.
- Involve your kids when deciding which meals to cook, so they're more likely to finish their meals!
- Cook a larger quantity of food to stretch over two nights (e.g. bolognaise in a pasta bake one night and on top of nachos the next).

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Tips

- Check what you have in your fridge and pantry before you shop, so you don't double up on items (and don't let the dazzling sales distract you!)
- Store meat and bread in the freezer to extend their used by date and prevent waste.
- Prefer a list on your phone? Try a shopping list app-there are plenty to choose from.

KEEP IT LOCAL

Buying locally means food requires less resources to reach you, and you don't need to travel as far to do your shopping. This reduces your food miles, which means less impact on the environment. Shopping locally is also a great way to meet your neighbours, be part of your community, and create jobs in your area.

My Local Butcher Is:	
My Local Bakery Is:	
My Local Grocer Is:	
Markets In My Area:	
Local Food Delivery Businesses:	

Tip

 Joining your community's Facebook page is a great way to discover new food businesses in your area. You can also find out if there are any local food services for people in need, or trade homegrown vegetables, eggs from backyard chooks, and untouched produce that would otherwise go to waste.).