

Video 8

Description: Paul Mercurio introduces the Love Food Hate waste video from a kitchen.

Paul: G'day, I'm Paul Mercurio and welcome to another episode of Love Food Hate Waste.

Now - as much as we try and plan our meals or buy just what we need, there is always going to be those left over foods in the fridge, the pantry or the fruit bowl. Rather than throwing them out, there's lots of ways you can use up left over food and reduce food waste. We'll take a look at some commonly wasted foods and give you some quick recipe ideas, so that you can use them up rather than throwing them out!

Description: Imagery of bananas are shown.

Let's count 'em down.....

Starting with number 4 - bananas. Treats and snacks are heading our way. These guys can be blended with milk and ice into a delicious and healthy smoothie or even blended and re-frozen as a nice ice treat. Or how about banana bread!

Description: Imagery of strawberries are shown.

Number 3 on the list is strawberries: now, you know how it is, the 4 left over strawberries that wouldn't fit on the pavlova! Well, why not mix with a green salad, crisp bacon, pear, cheese and lightly fried strawberries.

Description: Imagery of sausages are shown.

Number 2 is sausages – lets celebrate the humble snag! Grilled, steamed, curried or baked – you can turn an extra snag into a fantastic meal! I love grilling them in a spice mix and then folding them into a baked frittata with eggs, cheese, and left over vegies.

Description: Imagery of bread is shown.

And finally number 1 – a classic in every household – the loaf of bread! Now, did you know we throw out over 65, 000 tonnes of bread every year? Well, there are all sorts of tricks we can use to turn this baddie into a goodie. We can create breadcrumbs to make crumbed pork chops, we can make croutons for our Ceaser salad or of course using stale bread in a bread and butter pudding – delicious!

Description: Paul is in a kitchen.

You know it doesn't have to be the left overs from a Sunday family lunch that we focus on. It's everything we have in our kitchen pantries and fridges. You'll be surprised how much money you can save and these can become healthy ideas for lunch boxes or that healthy quick fix on the run.

For more great recipes and handy tips visit lovefoodhatewaste.vic.gov.au. That's it from me, see you next time!