

Video 2

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

Paul: I'm just about to do the shopping but before we do - we'll start right here at home, in the kitchen! That's right – before we get to the supermarket it's important to check what we have in the fridge, and what's in the pantry, so we can start planning what we need to buy.

Description: Imagery of a landfill is shown.

Paul: It's astonishing to think that each Victorian household wastes an estimated \$2000 worth of fresh food every year.

Description: Imagery of a fresh food is shown.

Paul: Food gets wasted because sometimes we don't plan what we're going to do with the food we buy and sometimes we over-cater and cook too much because we don't want to run out. Now some people like to use the Monday to Thursday plan.

Description: Paul is in a kitchen.

Paul: The Monday to Thursday plan gives us some structure to our meals, lets you see what you are eating and helps us plan a balanced diet. Plus, it also means that during the busy week, we don't get that "Dad, what's for dinner?!" It also means that come Friday and over the weekend, we can plan ahead with our leftovers.

Description: Imagery from a supermarket, in a pantry, in a fridge and of a fresh food on a kitchen bench.

Paul: Here are some tips to help you plan before you head out to the shops:

Number 1 - check what you have at home already.

Number 2 - rotate your fridge and pantry to ensure that you're using all the ingredients – and bring items that are near their use-by date to the front.

Number 3 - plan some meals in advance so that you can create a shopping list.

Description: Paul is in a supermarket.

Paul: Now for myself, I love these places – I love shopping – and look at all this fantastic produce! Now, my tip is always buy fresh foods and produce that can use across several dishes – such as – well - tomatoes.

Paul: Now if a recipe calls for one or two ingredients, pick individually, count what you need and avoid waste!

Description: Paul is standing in front of shelves of eggs, with a carton in his hand.

Paul: Another tip - choose items with the longest use-by date and you've got more time to use them up!

Description: Images from the supermarket are shown.

Paul: What could you do though to minimise that waste?

Description: Shopper 1 is shown.

Shopper 1: Have a list, plan your meals – and compost.

Description: Images of packaged meat are shown.

Paul: Make sure you read packaging for the best storage advice. Where food is packaged like these individual servings of beef – store them just like this - in their airtight trays.

Description: Images of bread and someone storing bread in a freezer are shown.

Paul: Don't forget your freezer either. Things like bread can be frozen immediately and it will keep for ages. And it says fresh for longer.

Description: Paul is in a kitchen.

Paul: So remember it's easy to love food and hate waste. Now make sure you check out the other videos in the series and don't forget to visit lovefoodhatewaste.vic.gov.au for more handy hints. Cheers!