

Nutrition Snippet

FOOD WASTE.

Aussies throw away over \$2 billion of fresh food every year!



Time to get food smart and start reducing your food waste.

Why not throw your mushy tomatoes into a pasta sauce, your floppy zucchini into a fritter and soft carrots into fried rice.

For these recipes and more visit:
[healthylunchbox.com.au](https://www.healthylunchbox.com.au)



Cancer Council
Healthy Lunch Box