

*Instead of scraping leftovers into the bin, why not use them for tomorrow's ingredients?*

**Here are some great ideas of what you can do with your food to give it a second life...**

## **Fruit**

Make smoothies or juices from soft or 'over-ripe' fruits.

## **Dairy**

Use up extra milk in a creamy pasta sauce, or freeze for later use.

Use yoghurt in a creamy smoothie or as ingredients in baking muffins.

## **Vegetables**

Blend them up to make a dip or add some stock or water to make a yummy soup!

## **Use the whole item**

Did you know that you can make pesto out of carrot and celery tops? Or, that you can cook up the greens from beets, turnips, or Brussels sprouts? There are lots of ways to cook with vegetable and fruit scraps.



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

Visit [www.maribyrnong.vic.gov.au/Residents/Our-environment](http://www.maribyrnong.vic.gov.au/Residents/Our-environment) for more information.