



## Top tips for waste free living

Being waste conscious is not only good for the environment but is often cheaper and healthier too

"If we all make a small (seemingly insignificant) change every day the results will be hugely significant"

— Kate Meads aka The Nappy Lady

## Tip #1 Buy in bulk

Did you know that you can pay nearly double the price for a multipack of chips?

Looks like you could be paying for all that unnecessary plastic wrapping...



\$2.00 for 150g



\$3.99 for 180g

## Tip #2 Read the whole packet, not just the front of a packet



This may have 1% fat and the Healthy Heart tick but it has 3 teaspoons of sugar



This is 98% fat free but contains 3 ½ teaspoons of sugar

[Click here for more on sugar in children's food](#)

### Tip #3 Make it yourself!

A block of cheese and a box of crackers  
costs a total of \$9

You would have to buy \$42 worth of  
LeSnak's to get the same weight amount of  
cheese and crackers



\$6.99 for 1kg



\$3.00 for 250g

\$4.49 for 132g



Making baby food is cheap and  
easy!

Just cut, steam then freeze some  
pumpkin while you are cooking  
your own tea

.50c per 500g

\$1.04 per 100g



Take a minute to slice some cheese or go to  
work for 2 hours????



### Tip #4 Re-use, Reduce, Recycle

Try a litter-less lunchbox! It's easier  
than you think...



Did you know you can wash and reuse  
zip lock bags?

The only reason these items are  
advertised as 'one use' is so that you  
buy more.

### Tip #5 Buy the dented can!

Check out this fascinating video about  
[supermarket waste](#) to understand why.

### Tip #6 Know the difference

Did you know there is a difference between  
use by and best before dates?

Use by really means use by and can usually  
be seen on meats and dairy

Best before is simply that, the product is  
best before the date but definitely still  
edible well after that.