

# The simplest way

...to stop food waste.

Over-ripe fruit and veg need not be thrown out. They can be a flavour-rich basis for some great drinks, snacks and meals.



Get the most out of fruit and veg past used-by date.

Image: expophoto.com.au

Banana	Cut in to chunks and freeze. Use in smoothies, banana bread or muffins.
Apple	Stew. Serve with natural yoghurt or sprinkle with muesli and bake for crumble.
Zucchini	Grate and freeze in zip-lock bags. Use in mince dishes, zucchini loaf, muffins.
Capsicum, celery, green beans, broccoli, cauliflower	Slice and freeze in zip-lock bags. Use in stir fries.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.