

Food Smart (Love Food Hate Waste) participant wins ultimate prize to reduce food waste

Ballina Shire Council and North East Waste are thrilled that the winner of the recent Food Smart Freezer competition is also passionate about waste and recycling.

Dianne Hardman from Ballina has won a 173L upright freezer for completing the Food Smart program and is commended for her ongoing efforts to reduce good food from being thrown away.

When asked what motivated her to sign up to Food Smart, Dianne highlighted that despite her efforts in waste avoidance and recycling, things were not going to plan when it came to food in her fridge and pantry.

"I had the best intentions of eating well, but I noticed how much food kept going into my organics bin – broccoli I didn't get to in time, herbs and lettuce that had gone limp and soggy. When I saw the opportunity to sign up to Food Smart, I knew it could help make a difference. Plus I really needed a freezer as well, so was hoping to win it!" Dianne said.

"The Food Smart program provided me with easy tips and hints that has really helped me manage my food better at home. I plan my meals a lot better now, and that influences what and how much I shop. Also, the storage tips are fantastic – I now know how to store herbs and veggies to keep them fresher for longer. I am much more conscious of what I do when it comes to food."

Council's Waste Education Officer, Ms Samala Heart, said the Northern Rivers is just one of four regions across NSW stepping up to reduce food waste.

"About \$10 billion worth of good food is thrown away every year by NSW households. That's an average of \$3,800 a year per household," she explained.

Food Smart provides practical, easy ways to reduce food waste and save money. It guides participants through a step-by-step process to make lasting changes at home and provides bite-sized motivating emails with free recipes, meal plan ideas, storage tips and the chance to join some fantastic free workshops.

The free Food Smart Program is open to households in the Ballina, Byron, Clarence Valley, Kyogle, Lismore, Richmond Valley and Tweed local government areas. Sign up online to the Food Smart Program at www.newaste.org.au/foodsmart.

Food Smart is a Love Food Hate Waste Program coordinated by North East Waste on behalf of council and the NSW Waste Less Recycle More initiative funded by the waste levy.

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Image: Linda Tohver, NE Waste Education Coordinator with Dianne Hardman and her new freezer.

