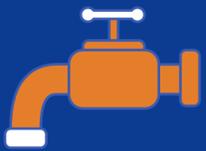


# HOW TO MAKE THE MOST OF FOOD HAMPERS



## Plan Your Meals

When you receive your box, take note of all the ingredients and plan out your meals for the next week. If there are any ingredients that you're unsure of, a quick Google search can provide some recipe inspiration!



## Wash Just Before Cooking

Avoid pre-washing your vegetables and simply wash before use to keep them fresher for longer.



## Store Your Food Correctly

Keep most fruit and veg in the crisper, but leave apples, bananas and avocados (if not yet ripe) at room temp. Store potatoes and onions in well-ventilated bags or trays away from direct sunlight.



## Keep it Simple

Healthy food does not need to be complicated! Try to plan your meals by combining 1 source of carbohydrates (rice, pasta, potatoes), with 2-3 vegetables (carrot, zucchini or pumpkin) and a source of protein (canned tuna, meat, lentils). Enjoy leftovers where you can.



## Cook and Freeze

If there are certain vegetables that you're unsure you'll get through before they start to age, cook them up and pop them in the freezer to use at a later time. This is a great one to keep in mind for leafy vegetables such as silverbeet or spinach, which are prone to wilting after 3-4 days.



## Save Vegetable Cut-offs

Store your vegetable cut-offs and peels, such as the ends of the zucchini or celery, in a bag in the freezer. At the end of the week, boil them in water for a few hours and drain the liquid to make your own veggie stock - great for soups and casseroles!