

What's for dinner?



*Written by Bernadette Mackinnon for Camden Council
Illustrated by Roger Percy*

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What's for dinner? is an initiative of Camden Council, in support of the NSW Environment Protection Authority's Love Food Hate Waste program – promoting food waste avoidance in NSW households.



INFORMATION FOR PARENTS

Did you know that each NSW household throws away more than \$1,000 of food each year?

You can reduce this figure by planning your meals. Our meal planning tips are:

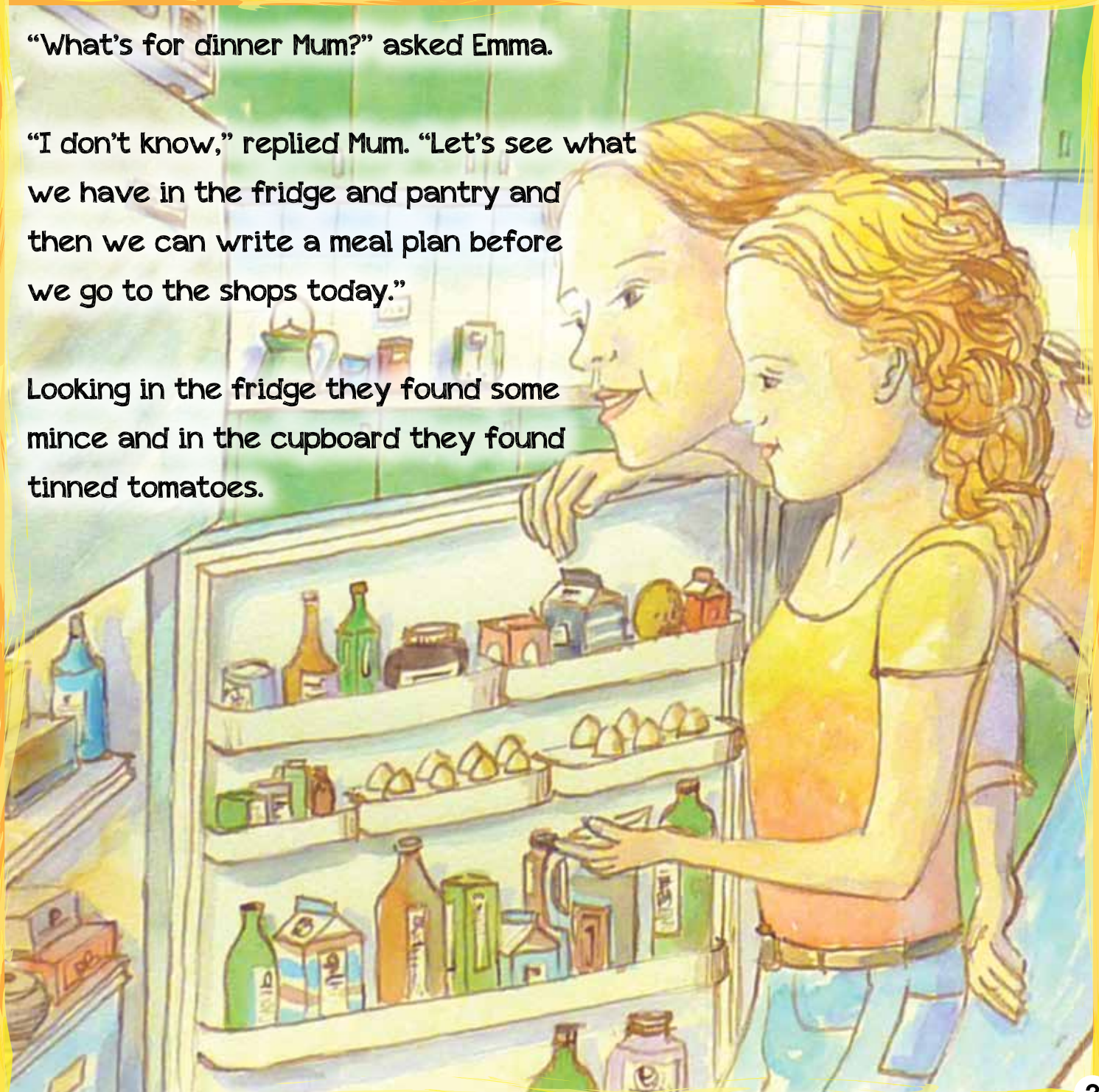
1. Check to see what you already have in your fridge, freezer and pantry
2. Find out what is in season
3. Plan around your schedule
4. Involve everyone in the household
5. Place your menu plan on the fridge so everyone will know what is for dinner



“What’s for dinner Mum?” asked Emma.

“I don’t know,” replied Mum. “Let’s see what we have in the fridge and pantry and then we can write a meal plan before we go to the shops today.”

Looking in the fridge they found some mince and in the cupboard they found tinned tomatoes.

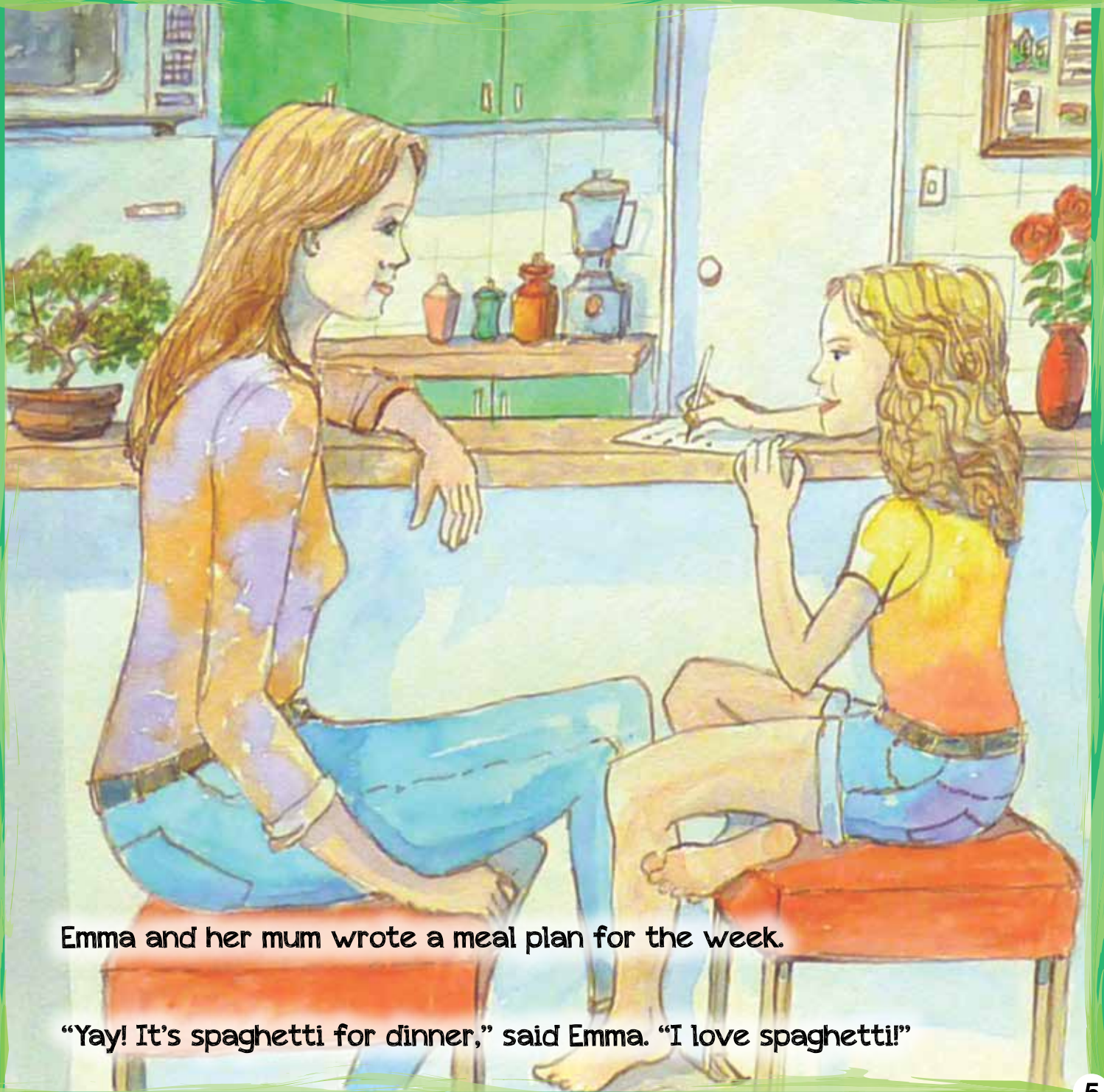


INFORMATION FOR PARENTS

Do you know the difference between 'use-by' and 'best before' date labels?

After a **use-by** date has passed, the food may be unsafe to be eaten, where as a **best before** date indicates that the product may have lost some of its quality after the date passes but is generally still safe to eat as long as it's not damaged, deteriorated or perished.





Emma and her mum wrote a meal plan for the week.

“Yay! It’s spaghetti for dinner,” said Emma. “I love spaghetti!”

INFORMATION FOR PARENTS

Did you know that by growing your own veggies and herbs, you can choose the exact quantity that you need?

This means you will avoid buying large bunches or bags of herbs and veggies where the extras often end up in the bin!

Tips for growing your own veggies and herbs:

1. Choose a sunny spot
2. Plant close to the kitchen for easy access during cooking
3. For tasty fruit and veggies, water and fertilise your plants regularly
4. Pests and disease can be organically controlled by planting beneficial 'companion plants'



Emma and her Mum went out into the vegetable garden and picked some carrots, onions, capsicum and herbs to go in the bolognese.



INFORMATION FOR PARENTS

Did you know we buy more than we need because:

- we think we need more than we actually do
- we are tempted by special deals
- we don't plan meals or shop to a list

Shopping List tips:

1. Write your shopping list from your meal plan
2. Check what you have in your fridge, freezer and cupboard
3. Identify how much you need
4. Take your list with you!
5. Only buy food on special if it's on your list and you can use the entire item





“What other ingredients do you think we need?” asked Mum.

“We need spaghetti and mushrooms,” said Emma.

After writing their shopping list, Emma and her Mum went to the shops.

INFORMATION FOR PARENTS

Did you know households in NSW are wasting \$2.5 billion each year because we cook more than we can eat?

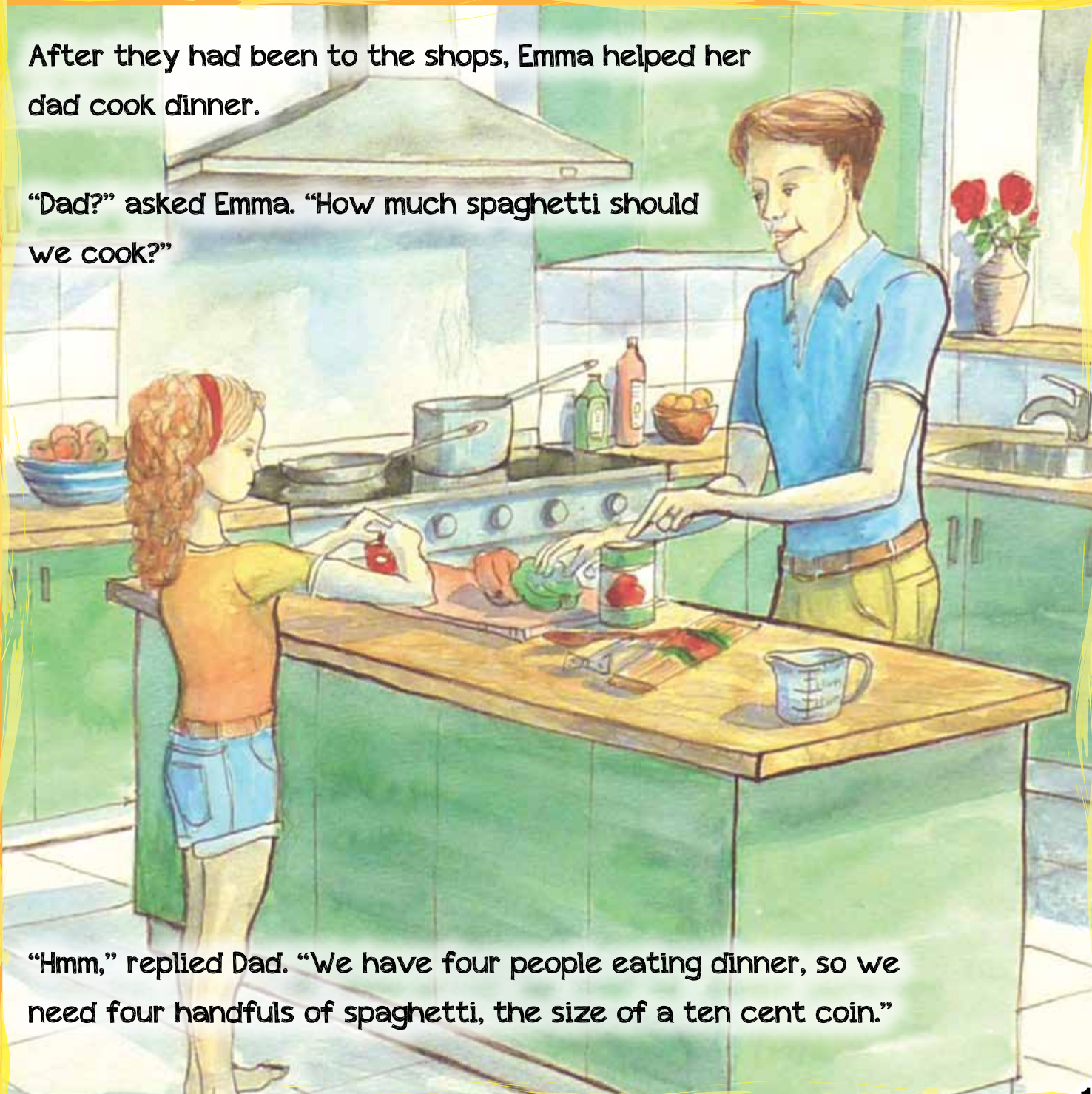
Serving Portions:

How much you eat depends on your age, gender, body size and activity levels. On page 20 you will find a serving guide for children and teenagers, and a separate guide for women and men.



After they had been to the shops, Emma helped her dad cook dinner.

“Dad?” asked Emma. “How much spaghetti should we cook?”



“Hmm,” replied Dad. “We have four people eating dinner, so we need four handfuls of spaghetti, the size of a ten cent coin.”

INFORMATION FOR PARENTS

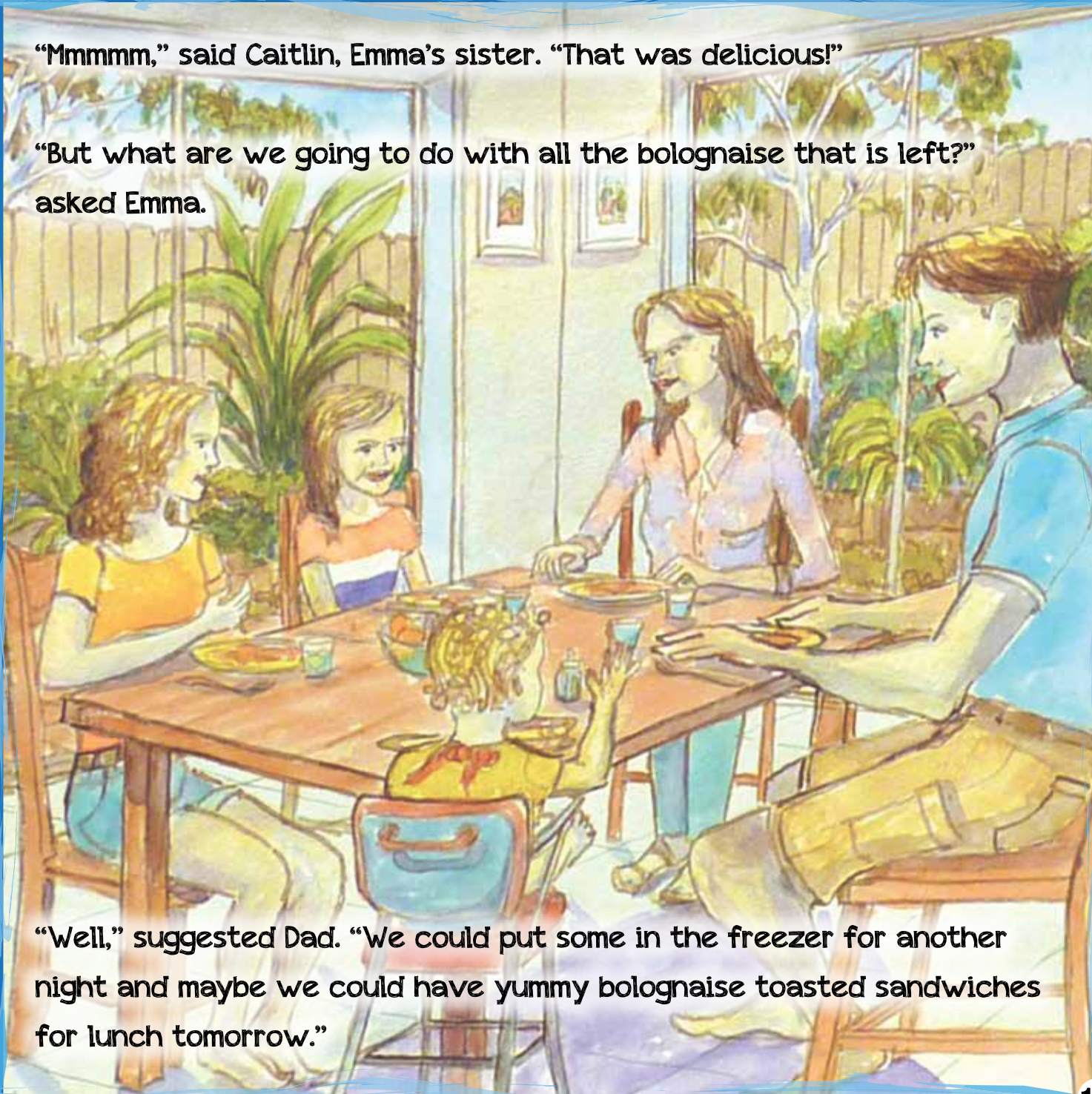
Here are a few tips to store your food so it lasts longer:

1. Keep high-risk (i.e. meat, seafood, dairy) foods at below 5°C or above 60°C
2. Store raw foods below cooked foods in your fridge
3. Store food in suitable reusable containers
4. Avoid refreezing thawed foods
5. Check and observe the use-by dates on food products



“Mmmmm,” said Caitlin, Emma’s sister. “That was delicious!”

“But what are we going to do with all the bolognaise that is left?” asked Emma.



“Well,” suggested Dad. “We could put some in the freezer for another night and maybe we could have yummy bolognaise toasted sandwiches for lunch tomorrow.”

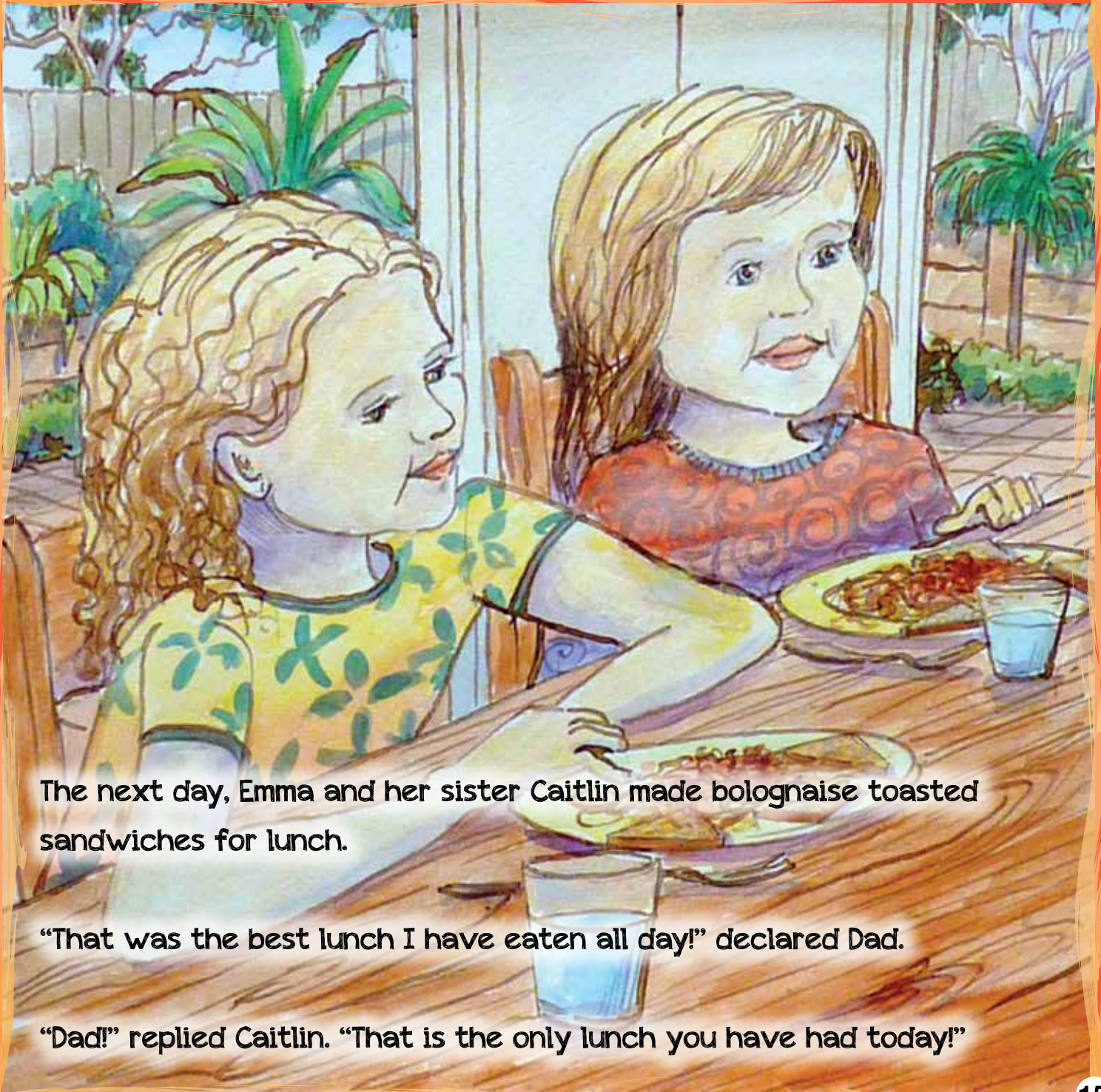
INFORMATION FOR PARENTS

Did you know each year NSW households throw away \$694 million worth of leftovers?

No matter how hard we try, there is always some unavoidable food waste. Here are two alternatives:

- **Composting and worm farming:** by composting or worm farming your food scraps, you could reduce the amount of waste your household disposes to landfill. For information on how to set up a compost or worm farm visit:
www.environment.nsw.gov.au/households/gardening.htm
- **Chickens:** are great for recycling our food and at the same time they provide us with eggs. Before you start keeping chickens in your backyard, please check with your local council for any requirements or regulations that apply.





The next day, Emma and her sister Caitlin made bolognaise toasted sandwiches for lunch.

“That was the best lunch I have eaten all day!” declared Dad.

“Dad!” replied Caitlin. “That is the only lunch you have had today!”

GLOSSARY

Avoidable food waste includes food that:

- gets wasted because we buy more than we need
- is out of date before we use it
- gets wasted because we cook more than we need

Unavoidable food waste is the parts of food that can not usually be eaten e.g. pineapple skins, tea bags and some fruit and vegetable peelings. It is the food waste we can not really do anything further with apart from composting it or putting it in the red landfill bin.

High risk (potentially hazardous) foods are the foods that need to be kept at certain temperatures to minimise multiplication of any food-poisoning bacteria that may be present in the food or to prevent the formation of toxins in the food.





Weekly menu plan

Top tips:

- check what you already have in your fridge, freezer and cupboard
- check what is in season before you plan your menu
- plan your menu around your weekly activities
- place your menu plan on your fridge.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Shopping list

Top tips:

- write your shopping list from your menu plan
- check what you already have in your fridge, freezer and cupboard before writing your list
- identify exactly how much you will need
- remember to take your list to the shops with your reusable shopping bags.

Fruit and vegetables

Bread and cereals

Dairy and frozen items

Meat and fish

Non-perishables

Drinks

Other household items – kitchen, bathroom

SERVING GUIDE

What is a standard serve?

Breads, cereals, rice, pasta and noodles

- 1 slice (40g) of bread
- 1/2 medium bread roll
- 1 crumpet
- 1 small English muffin or scone
- 1/4 cup of muesli
- 1/2 cup of porridge
- 2/3 cup of breakfast cereal flakes
- 1/2 cup of cooked rice, pasta or noodles

Vegetables

- 1 medium potato
- 1/2 medium sweet potato
- 1 medium parsnip
- 1/2 cup of cabbage, spinach, silverbeet, broccoli, cauliflower or brussel sprouts
- 1 cup of lettuce or salad vegetables
- 1/2 cup of broad beans, lentils, peas, green beans, zucchini, tomatoes, capsicum, cucumber, sweet corn, turnip, sprouts, celery or eggplant

Milk, yoghurt, cheese and alternatives

- 250mL or 1 cup of milk (fresh, long life or reconstituted milk)
- 1/2 cup of evaporated milk
- 40g (2 slices) of hard cheese, e.g. cheddar
- 1/2 cup ricotta cheese
- 200g (1 small carton) of yoghurt, plain or fruit
- 1 cup calcium-fortified soy milk
- 1/2 cup pink salmon with bones

SERVING GUIDE CONT.

Meat, fish, poultry, eggs and nuts

- 65g cooked meat, e.g. beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry, e.g. chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large eggs
- 1 cup of cooked beans, lentils, chick peas, split peas or canned beans
- 30g of nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

Fruit

- 1 piece of medium sized fruit, e.g. apple, orange, banana, pear, peach, mandarin
- 2 pieces of small fruit, e.g. apricots, kiwi fruit, plums, figs
- 8 strawberries
- 1/4 medium melon, e.g. rockmelon, honeydew melon
- 20 grapes or cherries
- 1 cup of diced fruit (fresh or canned)
- 30g of dried fruit, e.g. 4 dried apricot halves or 1½ tablespoons sultanas, raisins

Extras

- 1 medium piece of plain cake or 1 bun
- 3-4 sweet biscuits
- 1/2 chocolate bar
- 30g potato chips
- 2 scoops of ice cream
- 60g jam or honey
- 1 can of soft drink or 2 glasses of cordial

Reference: Australian Dietary Guidelines (NHMRC) 2013, www.eatforhealth.nsw.gov.au

SERVING GUIDE CONT.

Children and Teenagers

	Cereal, bread, rice & pasta		Vegetables & legumes		Fruit		Milk, yoghurt, cheese		Meat, fish, poultry, eggs & nuts		Extras	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
2-3 yrs	4	4	2 ½	2 ½	1	1	1 ½	1 ½	1	1	0-1	0-1
4-8 yrs	4	4	4 ½	4 ½	1 ½	1 ½	2	2 ½	1 ½	1 ½	1-2 ½	0-1
9-11 yrs	5	4	5	5	2	2	2 ½	3	2 ½	2 ½	0-3	0-3
12-13 yrs	6	5	5 ½	5	2	2	3 ½	3 ½	2 ½	2 ½	0-3	0-2 ½
14-18 yrs	7	7	5 ½	5	2	2	3 ½	3 ½	2 ½	2 ½	0-5	0-2 ½

Women

	Cereal, bread, rice & pasta	Vegetables & legumes	Fruit	Milk, yoghurt, cheese	Meat, fish, poultry, eggs & nuts	Extras
19-50 yrs	6	5	2	2 ½	2 ½	0-2 ½
51-70 yrs	4	5	2	4	4	0-2 ½
70+ yrs	3	5	2	4	4	0-2
Pregnant	8 ½	5	2	2 ½	2 ½	0-2 ½
Breastfeeding	9	7 ½	2	2 ½	2 ½	0-2 ½

Men

	Cereal, bread, rice & pasta	Vegetables & legumes	Fruit	Milk, yoghurt, cheese	Meat, fish, poultry, eggs & nuts	Extras
19-50 yrs	6	6	2	2 ½	3	0-3
51-70 yrs	6	5 ½	2	2 ½	2 ½	0-2 ½
70+ yrs	4 ½	5	2	3 ½	2 ½	0-2 ½





Another Great Camden Council Project

lovefoodhatewaste.nsw.gov.au
Waste less food, save money and our environment