

Thursday, 22 February 2011

## LOVE FOOD HATE WASTE STUDENT DEMO

A professional chef will demonstrate the tricks of the trade, including 'what to do with the leftovers' to around 150 first time uni students, to help them plan economical, tasty, low-waste meals.

The project called *Love Food Hate Waste* is jointly run by the City of Ryde's Waste Team and Macquarie University's Sustainability Team as a means of educating new students on waste avoidance when preparing and cooking meals, as well assisting them to learn to cook healthy, cheap and easy meals.

City of Ryde Waste Communications Officer, Helen Kerley, says: "Moving away from home for the first time is a big step for most young people, especially those from countries with strong home culinary cultures. So, being a novice cook can be a real hit and miss affair and can lead to poor diet and wastefulness. Food is also often linked to homesickness, so it makes sense to look after your diet, your pocket, your wellbeing and the environment."

Facts and figures:

- Young consumers, aged between 18 and 24 are some of the biggest food wasters
- Every year NSW households throw away more than \$520 worth of fresh food
- 1.1 million tonnes of food is sent to landfill in NSW per annum
- For every tonne of food that doesn't go to landfill, 0.9 tonnes of carbon emissions is saved.

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### Photo Opportunity:

- Chef Sydney Pemberton will demonstrate cheap, tasty, low-waste meals Thursday 24 February 2011, 11.30 am – 1.00 pm, Atrium in the Campus Building (Building C10a), Macquarie University.
- Contact Helen Kerley – 0439 643 647 on the day.

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