

# Nutrition Snippet

## WHAT A WASTE.

Did you know that the average household throws out 1 in 5 bags of groceries they buy?



**Save money and help the planet by reducing your food waste.**

For ideas on how to reduce waste check out our blog at [healthylunchbox.com.au/5-easy-tips-to-reduce-food-waste/](https://healthylunchbox.com.au/5-easy-tips-to-reduce-food-waste/)

