

Kitchen Tips & Tricks

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Say goodbye to food waste and hello to delicious, homemade goodness!

Recipes

Veggie or Chicken Stock Recipes

Turn your kitchen scraps into liquid gold with this easy, flavour-packed homemade stock! Perfect for soups, stews, risottos, and sauces, this waste-free recipe helps you make the most of your veggies.

What You'll Need:

Vegetable Stock (Base Recipe):

A large freezer bag filled with veggie scraps (onion peels, carrot tops, herb stems, potato peels, corn cobs, pea pods, parmesan rind - get creative!)

2 dried bay leaves (optional)

6 black peppercorns

Enough water to cover

For Chicken Stock:

Add 2 chicken carcasses for a rich, nourishing broth

Let's Get Cooking!

- When your freezer bag is full (around 4-6 cups of scraps), it's time to make stock!
- Dump everything into a stockpot and add water until fully covered.
- Bring to a rolling boil, then lower the heat and let it gently simmer - veggie stock needs at least 1 hour, while chicken stock develops deep flavour over 3-4 hours.
- Strain the stock, allow it to cool, then portion into containers and freeze for easy use.

** Pro Tip:* Use ice cube trays for smaller portions - perfect for adding a flavour boost to any dish!

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Homemade Vanilla Essence – A Flavourful DIY Delight!

Why let those fragrant vanilla pods go to waste when they still have so much to offer? Create your own **rich, aromatic vanilla essence** with just two simple ingredients! Perfect for baking, desserts, and even coffee, this homemade extract will take your sweet treats to the next level.

What You'll Need:

- 6–8 spent vanilla pods
- 1 cup of alcohol (vodka for a neutral flavour, or brandy for a warm, caramel-like depth)
- A glass jar with a tight-fitting lid

How to Make It:

1. **Prep the Pods** – If your vanilla pods are dry, give them a little snip to expose more surface area.
2. **Bottle It Up** – Place the pods in a clean glass jar and pour in the alcohol.
3. **Shake & Store** – Seal the jar tightly and give it a good shake. Store it in a cool, dark place.
4. **Let the Magic Happen** – Allow the essence to infuse for at least 2 months, shaking occasionally. The longer it sits, the more intense the flavour!
5. **Use & Enjoy** – Drizzle into cakes, cookies, custards, or even your morning coffee for a hint of pure vanilla bliss.

Pro Tip: Keep topping up with fresh vanilla pods and alcohol as you use it, and you'll have a never-ending supply of homemade vanilla goodness!

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Zesty Infused Yoghurt Dip – A Flavour Explosion!

Got leftover Greek-style yoghurt? Turn it into a creamy, flavour-packed dip in minutes! This spicy, aromatic infusion will take your snack game to the next level. Perfect for dipping fresh veggies, spreading on wraps, or even dolloping over grilled meats!

What You'll Need:

- 1 cup Greek-style yoghurt
- 2 tbsp olive oil
- 1 small shallot, finely chopped
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- 1 garlic clove, minced
- ½ tsp chilli flakes (or more if you love heat!)
- 1 tbsp fresh lemon juice
- Pinch of salt
- Fresh veggies for dipping (carrot sticks, capsicum, celery – whatever you have!)

How to Make It:

1. Infuse the Oil – Heat the olive oil in a small pan over low heat. Add the shallots, coriander seeds, fennel seeds, garlic, and chilli flakes. Cook until fragrant and golden, about 2 minutes.
2. Cool & Swirl – Let the oil cool slightly, then swirl it through the yoghurt. Add lemon juice and a pinch of salt, stirring gently to combine.
3. Dip & Devour – Slice up any veggies you have on hand and start dipping!

Pro Tip: Drizzle extra infused oil on top for a restaurant-worthy finish. Or swap out the lemon juice for a splash of pomegranate molasses for a sweet and tangy twist!

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Garlic Dip Explosion!

Looking for a dip that packs a punch? Use that little bit of leftover Greek Yoghurt and look no further than this garlic-packed, creamy goodness! Perfect for any occasion, it's so easy and delicious, you'll wonder why you didn't make it sooner!

Ingredients:

- 1 cup Greek yoghurt (for that creamy, tangy base)
- 3/4 cup whole egg mayo (adding that rich, velvety texture)
- 2-3 cloves fresh garlic (or jarred garlic if you're in a pinch – but fresh is BEST for that punch of flavour – Add more if desired)

Instructions:

1. Grab a bowl and mix your Greek yoghurt and whole egg mayo until smooth.
2. Crush those garlic cloves (fresh is ideal, but jarred works too – your choice!) and stir them into the mix.
3. Cover and refrigerate for at least 30 minutes (if you can wait that long – the flavours get even better with time)!
4. Serve with fresh, crusty bread, or dip some crunchy carrots, celery, or cucumber for a healthy snack.

This dip is super easy and crazy tasty – trust us, your taste buds will be doing a happy dance. Enjoy!

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Homemade Nut Butter – Your New Favorite Spread!

Got a handful of leftover nuts? Don't let them go to waste - turn them into a creamy, dreamy nut butter that's perfect for toast, smoothies, or just eating by the spoonful!

What You'll Need:

- 2 cups mixed nuts (peanuts, cashews, almonds – whatever you've got!)
- Pinch of salt (optional)

Want to take it up a notch? Try these add-ins!

- 1 tbsp cacao powder + 1 tbsp maple syrup + 1 tsp coconut oil → Choco-Nut Butter!
- ½ tsp cinnamon + 1 tbsp honey → Cinnamon Swirl Butter!

How to Make It:

1. Blend Away! – Toss the nuts into a food processor and blend on high. Be patient - it will go from crumbly to creamy in about 5-10 minutes.
2. Customize & Stir – Add a pinch of salt or your favourite mix-ins and blend again until smooth.
3. Store & Enjoy! – Transfer to a jar and refrigerate for up to 2 weeks (if it lasts that long!).

Pro Tip: Drizzle it over pancakes, swirl into oatmeal, or spread on apple slices for a next-level snack!

Super Easy 2-Ingredient Bread!

Craving fresh, homemade bread but short on time? This super simple, no-fuss recipe has just TWO ingredients and zero kneading - perfect for beginners or anyone who loves quick, delicious results!

What You Need:

- 1 ½ cups self-raising flour
- 1 heaped cup of Greek yoghurt

Let's Get Baking!

1. Mix the flour and yoghurt in a bowl until you get a soft, slightly sticky dough.
2. Lightly flour your surface and roll the dough in a little extra flour to make it easier to handle.
3. Shape it into a whole loaf or cut into 6-8 equal pieces for mini bread rolls!
4. Bake until golden and beautifully puffed.

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Pro Tip: Want extra flavour? Add a pinch of salt, a sprinkle of sesame seeds, or even those homemade spreads or dips you have made!

Enjoy warm with butter, honey, or your favourite toppings!

Homemade Crunchy Muesli – A Pantry Cleanout Win!

Turn those half-empty packets in your pantry into the most delicious homemade muesli! This recipe is not only easy but totally customizable, because the best muesli is the one made with what you love.

What You'll Need:

- 3 cups rolled oats (the heart of your muesli!)
- 1 cup mixed nuts & seeds (almonds, walnuts, sunflower seeds - whatever you've got!)
- ½ cup extras (desiccated coconut, cacao nibs, chopped dates, chia seeds - you name it!)
- ¼ cup coconut oil or olive oil
- ¼ cup maple syrup or honey
- 1 tsp ground cinnamon
- ½ cup dried fruit (raisins, cranberries, apricots - add after baking!)

How to Make It:

1. Mix It Up – Combine oats, nuts, seeds, and extras in a large bowl.
2. Sweeten & Toast – Heat coconut oil, maple syrup, and cinnamon in a saucepan until melted. Pour over the oat mixture and stir to coat.
3. Bake to Perfection – Spread on a lined baking tray and bake at 150°C for 20 minutes, stirring halfway through.
4. Cool & Finish – Let it cool, then mix in dried fruit for a chewy contrast.

Pro Tip: Serve with yogurt, sprinkle over smoothie bowls, or enjoy straight from the jar!

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Shake-It-Up Jar Vinaigrette – No Waste, All Taste!

Before you toss that nearly empty mustard jar, turn it into a flavour-packed vinaigrette in seconds! With just a few pantry staples, you can create a zesty, restaurant-worthy dressing - zero waste, maximum taste!

What You'll Need:

- 1 almost-empty mustard jar (Dijon or wholegrain works best!)
- 3 tbsp olive oil
- 2 tbsp red wine vinegar (or balsamic for a richer taste)
- 1 small clove garlic, crushed (for a punch of flavour)
- 1 tsp lemon juice (adds a citrusy zing!)
- Salt & pepper, to taste

How to Make It:

1. Pour & Build – Add olive oil, vinegar, garlic, lemon juice, salt, and pepper straight into the mustard jar.
2. Shake It Up – Secure the lid and give it a vigorous shake until everything is well combined.
3. Drizzle & Enjoy – Pour over your favourite salad, roasted veggies, or even use as a marinade!

Pro Tip: Swap red wine vinegar for apple cider vinegar or add a dash of honey for a sweet twist. The possibilities are endless

Crack the Code: Egg-Free Cooking Made Easy!

On our journey toward sustainability, we stumbled upon an egg-cellent resource that's a total game-changer! If you've ever found yourself stuck without eggs - wondering how to whip up pancakes, pikelets, omelettes, pavlovas, cakes, or brownies - fear not! There are plenty of creative and eco-friendly substitutes to save the day.

Check out the incredible work from FoodPrint and discover how easy it is to swap eggs for sustainable alternatives: [Egg Replacements](#)

Let's get cracking on egg-free, planet-friendly cooking!

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Pickle Perfection – Quick & Easy Homemade Pickles!

Love the tangy crunch of pickled veggies? Now you can make them at home! Quick pickling is the easiest way to preserve fresh produce and add a burst of flavour to sandwiches, salads, and snacks. Follow this simple guide and get pickling!

Step 1: Sterilise Your Jars

Start fresh! To remove bacteria, boil your preserving jars and lids for 10 minutes, then place them on a clean tea towel to air dry.

Step 2: Make the Magic Brine

- The secret to perfect pickles? A balanced pickling liquid! In a saucepan, bring to a boil:
- 2 cups vinegar (white or apple cider for extra tang)
- 1 cup water
- 2 tbsp sugar (for a hint of sweetness)
- 1 tbsp non-iodised salt (iodine-free to avoid cloudiness)

*Optional: add spices like peppercorns, mustard seeds, garlic, or dill for extra zing!

Step 3: Pack & Pour

Chop your favourite veggies (carrots, cucumbers, onions, or even radishes!) and pack them tightly into the jars. Carefully pour in the hot brine, leaving 2cm space at the top.

Step 4: Seal & Wait (The Hardest Part!)

Seal the jars and let them sit at room temperature for 24 hours before refrigerating. The flavours will develop beautifully over the next few days - if you can wait that long!

Pro Tip: These quick pickles last up to a month in the fridge... but they'll probably disappear much sooner!

Zest Up Your Cooking!

The zest is where all the flavour magic happens! Packed with intense citrusy goodness, it adds a bright, tangy kick to everything from cakes and scones to homemade citrus curd. Before slicing into your oranges, lemons, or limes, take a moment to grate or peel the zest - just be sure to avoid the bitter white pith. Use it fresh, or freeze it for later to always have a burst of citrus on hand. It's a simple trick to reduce waste and elevate your cooking - one zest at a time!

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DIY Dairy Magic – Waste Less, Enjoy More!

Got some extra milk, cream, butter, or buttermilk? Don't let it go to waste - turn it into something delicious!

Homemade Ricotta – Take a little time to whip up creamy, dreamy ricotta with Curtis Stone's easy recipe: [Check it out here!](#)

Spread it on toast, mix it into pasta, or enjoy it with a drizzle of honey!

DIY Butter – Leftover cream? Make your own butter!

Get creative - add fresh garlic and herbs for a savoury spread to pair with your homemade bread. Or, mix in a little honey or cinnamon for a sweet treat on toast!

The possibilities are endless - get churning, get spreading, and most importantly, get enjoying!

Save Your Home-Grown Herbs & Keep the Flavour Fresh!

You've put love and care into growing your herbs - now let's make sure they stay fresh and don't go to waste! Whether it's basil, parsley, rosemary, or thyme, there are simple tricks to keep them vibrant and ready to use in your cooking.

Check out these amazing tips to store your herbs the right way and make them last longer: At The Green Hub [Read more here!](#)

Because fresh herbs = more flavour, less waste, and happy taste buds!



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Less Meat, More Sustainability – A Win for You and the Planet!

Making small changes to your plate can have a BIG impact! By cutting back on meat, you're not only reducing your carbon footprint but also conserving precious water resources, protecting forests from deforestation, and supporting a more ethical, sustainable food system. Livestock farming is one of the biggest contributors to greenhouse gas emissions, land degradation, and excessive water use - so even swapping out a few meals a week can make a difference!

But don't worry - eating less meat doesn't mean sacrificing flavour or nutrition!

With an abundance of delicious plant-based ingredients, from hearty lentils and chickpeas to protein-rich tofu and tempeh, it's easier than ever to create wholesome, satisfying meals.

Whether you're trying Meatless Mondays or exploring new plant-powered recipes, every small step counts toward a greener future.

Why Less Meat is Better for the Planet (and You!)

Lower Greenhouse Gas Emissions: Meat production - especially beef and lamb - has a significantly higher carbon footprint than plant-based foods. Cutting back helps combat climate change!

Land Conservation: Livestock farming requires vast amounts of land for grazing and feed crops, leading to deforestation and habitat loss. Reducing meat consumption helps preserve land for reforestation and sustainable farming.

Water Preservation: Meat production is incredibly water-intensive, from drinking water for animals to irrigation for feed crops. Eating more plant-based meals helps conserve water resources.

Reduced Pollution: Livestock farming contributes to water and air pollution through manure runoff and methane emissions. Less meat means cleaner water and air!

Improved Food Security: Shifting toward plant-based diets can make food systems more efficient, using fewer resources to feed more people.

Health Benefits: Plant-based diets are often lower in saturated fat and cholesterol and higher in fibre, vitamins, and antioxidants, promoting better health.

Delicious & Sustainable Alternatives: There are so many nutritious, sustainable protein sources - like beans, lentils, chickpeas, nuts, and seeds - that can easily replace meat in your favourite meals!

Ready to take a bite out of sustainability?

Start small, swap smart, and make a difference...

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Transform Your Kitchen into a Sustainable Haven!

Small changes in your kitchen can lead to a BIG impact on the planet! From reducing food waste to making mindful ingredient swaps, there are countless ways to cook smarter and greener. Want to up your sustainability game?

Check out these amazing Sustainable Kitchen tips at [FoodPrint](#) and start making a difference - one meal at a time!



"Waste isn't waste until we waste it"

Will.i.am



"Every time you choose to reuse, or cook from scratch, you're doing something good – for your health and the Earth."

Unknown..



"A sustainable kitchen is a delicious act of resistance" _Unknown

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*Sustainable Kitchen Tips....

Why You Should Grow Your Own Herbs – The Fun & Fresh Way!

Tired of buying a whole bunch of basil only to use two leaves? Time to grow your own herbs! Not only will your meals taste fresher, but you'll also save money, reduce waste, and feel like a garden guru.

Fresh Flavour at Your Fingertips

Imagine snipping fragrant rosemary or vibrant mint straight from your garden (or windowsill) for an instant flavour boost. Goodbye, bland dinners – hello, fresh feasts!

Save Money & Say Goodbye to Sad Herbs

Those store-bought herbs? They wilt in your fridge within days. Homegrown herbs stay fresh for months! Plus, one little plant keeps giving – no more spending \$5 for a few sprigs.

Super Easy & Perfect for Beginners

Think you don't have a green thumb? Herbs are practically foolproof! They thrive in pots, don't need much space, and love a sunny windowsill or balcony.

A Healthier, Greener Home

Herbs purify the air, make your space look beautiful, and even keep some pesky insects away (basil and mint, we're looking at you!). Bonus: you know exactly what's going into your food – no hidden pesticides here!

It's Fun & Rewarding

Watching your little parsley plant flourish or seeing your oregano take over the pot is oddly satisfying. Plus, impressing your friends by saying, "Oh, this pesto? It's made from my homegrown basil!" is an added bonus.



So, what are you waiting for? Grab some pots, soil, and your favourite herb seeds – your fresh, homegrown flavour adventure starts now!

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Why You Should Buy Local, Fresh & In-Season Produce – The Tasty Truth!

Forget bland, out-of-season produce that's travelled halfway around the world – local, in-season fruits and veggies are where it's at! Not only do they taste better, but they're also better for you, your wallet, and the planet!

Flavour Explosion!

Ever bitten into a juicy, sun-ripened mango or a sweet, just-picked strawberry? That's the magic of in-season produce! Fruits and veggies harvested at their peak are bursting with flavour – no artificial ripening needed.

More Nutrients, More Goodness

The longer produce sits on trucks and supermarket shelves, the more nutrients it loses. Locally grown, in-season food is fresher, which means it's packed with vitamins and antioxidants your body will love.

Saves You Money

When fruits and veggies are in season, there's an abundance, making them cheaper and more affordable. Why pay extra for imported, out-of-season produce when you can get fresh, local goodness for less?

Supports Local Farmers & Communities

Buying from local farmers means your money goes straight back into your community, helping small businesses thrive. Plus, you get to connect with the people who grow your food – how cool is that?

Kinder to the Planet

Imported food racks up serious food miles, guzzling fuel and producing carbon emissions. Local, in-season produce = fewer food miles, less pollution, and a happier planet!

It's an Adventure!

Eating seasonally introduces you to new and exciting fruits and veggies you might not normally try. Hello, persimmons! Nice to meet you, Fennel! It keeps your meals fresh, fun, and full of variety.

Bottom line? Buying local, in-season produce tastes better, costs less, supports your community, and helps the environment. Next time you shop, go for the fresh, seasonal stuff – your taste buds (and the planet) will thank you!

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Why Cooking in Bulk & Meal Planning is the Ultimate Life Hack!

Ever feel like there's not enough time in the day to whip up something delicious and nutritious? Well, cooking in bulk and planning your meals are your secret weapons to save time, money, and stress – and we're here to break it down for you!

Less Stress, More Chill

Let's be real – when you're hungry, the last thing you want to do is scramble around the kitchen. Meal planning means you know exactly what you're cooking each day. No more last-minute decisions or stress about what's for dinner. You've got this!

Save Big

When you buy ingredients in bulk, you save money! Think of it like this: the more you buy at once, the less you spend per meal. Plus, you can stock up on staples like rice, beans, and pasta – super budget-friendly!

Say Goodbye to Takeout Temptations

When your fridge is stocked with tasty, pre-made meals, you'll be less tempted to order unhealthy takeout or fast food. Your fridge will be your go-to food destination – and your waistline will thank you!

More Time for YOU

Who doesn't want more free time to chill, hang out with friends, or binge-watch your favourite show? With bulk cooking, you're freeing up hours during the week. Instead of cooking every day, you just heat up what you've already made!

Healthier, Happier You

When you plan your meals ahead of time, you can choose healthier options and control what goes into your food. Say goodbye to extra salt, sugar, and mystery ingredients. You're cooking with love, and your body will feel the difference!

Less Food Waste = More Planet Love

By planning ahead and cooking in bulk, you're using ingredients efficiently and cutting down on food waste. Leftovers are your friend! You'll avoid throwing out unused veggies and random bits in the fridge, making your cooking eco-friendly and sustainable.

Perfect for Busy Lifestyles!

Whether you're working long hours or juggling a busy family schedule, cooking in bulk is the perfect solution. Prepare a few meals in advance, and you'll always have a home-cooked meal ready to go – no cooking necessary!

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Endless Variety & Creativity

Don't think cooking in bulk means boring, repetitive meals. With a bit of planning, you can switch things up every week, trying new dishes and flavours. Think soups, stews, casseroles, and even homemade wraps and salads.

Bottom Line?

Cooking in bulk and meal planning isn't just about saving time – it's about creating more freedom, improving your health, and making your life easier. So grab that crockpot, plan your menu, and get ready to be a meal prep superhero!

Why You Should Use Reusable Containers: A Fresh and Smart Choice!

When it comes to keeping your food fresh and ready to go, reusable containers are an absolute game changer! They're not only super convenient but also kind to your wallet and the environment. Here's why you should make the switch:

Stay Fresh, Stay Fabulous

Reusables help store your food securely, so your snacks, leftovers, and meal prep stay fresh for longer. No more wasteful single-use plastics – just pop your food in, and you're good to go!

The Power of Glass

Now, here's the fun part: while any reusable container is awesome, glass is the rock star! Unlike plastic, glass won't release microplastics into your food, keeping things super clean and safe. Plus, it won't absorb smells or stain like plastic containers sometimes do – win-win!

Eco-Friendly and Smart

By choosing glass, you're not just looking out for your food but also the planet! Glass containers are endlessly reusable, reducing your carbon footprint and cutting down on single-use plastic waste.

Next time you're storing leftovers or prepping meals, think glass – your food, health, and the Earth will thank you!

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Let's Get Recycling – Turn Scraps Into Gold!

Did you know that when food scraps end up in landfills, they can't break down properly? They get buried under all that waste and, without enough oxygen, they create methane – a greenhouse gas 25 times more potent than CO₂!

But here's the good news – you can easily make a positive impact by turning those kitchen scraps into something awesome: compost!

Here's the fun part – whether you're using a small counter composter or a big backyard bin, you're not just reducing waste, you're creating nutrient-rich compost that your plants will absolutely love!

Composting helps improve soil structure, allowing your plants to thrive, and it even helps keep soil moisture, meaning less watering required – win-win!

So, what are you waiting for? Instead of letting your food scraps add to landfill woes, transform them into something that nourishes the Earth and boosts your garden!

It's easy, it's eco-friendly, and it helps reduce greenhouse gas emissions – all while making your plants happier and healthier. Let's compost and grow a better future!



Composting is an easy way to turn food scraps into garden gold! It cuts waste, feeds your soil, and helps the planet—all from your backyard.

"Compost: give back to the earth, naturally."

Let's Make Recycling Fun and Fabulous!

Recycling is not just a chore – it's a chance to be a planet-saving hero every single day! Whether you're in the kitchen, at the office, or on the go, recycling is the key to cutting down waste and keeping our world beautiful and sustainable.

In the Kitchen:

Start by sorting your food scraps! Instead of tossing those veggie peels, eggshells, and coffee grounds in the bin, compost them and watch them turn into nutrient-rich gold for your garden!

Plus, your recycling bin should be the place for cans, bottles, and boxes that can be reused, helping to save precious resources and cut down on landfill waste. Every little step makes a BIG difference!

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Outside the Kitchen:

Don't stop at food scraps! Whether it's paper, glass, plastic, or metal, your everyday recycling habits matter. Keep separate bins for recyclables and make it easy to remember – you'll be a recycling superstar in no time.

*And here's a fun tip: Turn your recyclables into art! Create DIY projects with cardboard, glass jars, and more for a fun, eco-friendly family activity.

Why it Matters:

Recycling reduces waste, conserves energy, and helps protect natural resources – it's all about giving back to our planet and making sure it stays healthy for the future.

So, let's make recycling fun, easy, and second nature! You'll be amazed at how much you can reduce, reuse, and recycle – and how great it feels to know you're making a real difference. Ready to take the leap?

Start recycling today, inside your kitchen and out – your planet (and your future self!) will thank you!

Let's Save Water and Make a Splash!

Saving water is one of the easiest ways to take care of our planet while keeping your bills in check. It's a win-win! Not only will you be reducing your environmental footprint, but you'll also be helping create a future where water is preserved for generations to come.

Why It's Important:

Water is essential for life, and every drop counts! From the food we eat to the products we use, water is involved in nearly every process in our daily lives. Unfortunately, many areas of the world face water scarcity, so using it wisely can help make a huge impact! Reducing water consumption helps protect our environment, supports wildlife, and ensures future generations will have enough water to thrive.

Cool Ways to Save Water:

Shorten Your Shower: Did you know you can save up to 5,000 litres of water a year just by shaving a few minutes off your daily shower?

Try timing yourself or using a water-saving showerhead. Your skin will still be fresh, and your water bill will be too!

Fix Leaks – It's Easy and Saves Tons! A leaky faucet or running toilet can waste hundreds of litres of water a day!

A little quick fix can stop the drips and keep the water where it belongs.

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Full Loads Only, Please! Whether it's your washing machine or dishwasher, always wait until you've got a full load. This saves both water and energy, and the more efficient, the better!

Capture Rainwater: Why not collect rainwater in a rain barrel for watering your plants, washing your car, or even filling up your pool?

It's a free, eco-friendly way to use natural water without relying on tap water.

Turn Off the Taps: It sounds simple, but we've all left the tap running while brushing our teeth or washing dishes. Turning it off while not in use can save gallons over time!

The Bigger Picture: Every time we save water, we're helping to protect our rivers, lakes, and oceans. Less water waste means less energy is needed to pump, treat, and heat water, which also means lower carbon emissions and a greener future. Plus, reducing water consumption can preserve ecosystems and wildlife habitats that depend on clean, abundant water to survive.

In Conclusion: Saving water isn't just a small act - it's a BIG win for the environment, your wallet, and the planet! By making small changes in how we use water daily, we can make a huge difference in conserving this vital resource. So, are you ready to take the plunge and start saving water today?

Ditch the Paper Towels – Go Cloth and Save the Planet!

Are you ready to make a simple switch that saves money, helps the planet, and makes your life easier? Say goodbye to paper towels and hello to reusable cloths!

Here's why cloth is the way to go:

- **Super Absorbent:** Cloth towels soak up spills and messes in a flash! They're way better at the job than those flimsy paper towels.
- **Cost-Effective:** No more buying paper towels every month! Just grab a cloth, use it, toss it in the wash, and it's good to go again. The savings add up!
- **Eco-Friendly:** Every time you use cloth instead of paper, you're cutting down on paper waste, which means fewer trees chopped down and less pollution.

And the best part? Cloth towels are SO versatile. You can use them for:

- Drying dishes

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- Wiping down counters
- Cleaning up spills
- And everything in between! You'll wonder how you ever lived without them.

It's a small change that makes a huge impact. By switching to cloth, you're drastically reducing your paper waste, saving money, and playing your part in keeping our planet green.

Ready to make the switch? Your kitchen (and the environment) will thank you!

PFAS: What You Need to Know

PFAS (Per- and Polyfluoroalkyl Substances) are a group of man-made chemicals that have been widely used in consumer products and industrial applications since the 1940s. They're commonly found in non-stick cookware, waterproof clothing, stain-resistant fabrics, food packaging, and firefighting foams.

Why Are PFAS a Concern?

Persistent & Bio accumulative – PFAS are often called “forever chemicals” because they don't break down easily in the environment or the human body. They can accumulate in water, soil, and even our bloodstream over time.

Contaminating Water Supplies – PFAS have been detected in drinking water worldwide due to industrial waste, landfill runoff, and firefighting foams. Even low-level exposure can be concerning.

Potential Health Risks – Studies suggest long-term PFAS exposure may be linked to:

- Increased cholesterol levels
- Immune system disruption
- Hormonal imbalances
- Developmental issues in children
- Higher risk of certain cancers

How Can You Reduce Your Exposure?

✓ **Use PFAS-free cookware** – opt for stainless steel, cast iron, or ceramic instead of non-stick coatings.

✓ **Check product labels** – Avoid items labelled as "waterproof," "stain-resistant," or "grease-resistant" unless they specify PFAS-free.

Kitchen Tips & Tricks

✓ **Filter your water** – A high-quality activated carbon or reverse osmosis filter can help remove PFAS from tap water.

✓ **Be mindful of food packaging** – PFAS can be found in fast-food wrappers, microwave popcorn bags, and takeout containers. Try to use reusable and non-toxic alternatives.

PFAS are everywhere, but awareness and small changes can help protect your health and the environment!

Sustainable Shopping Made Easy!

Looking for eco-friendly alternatives **without breaking the bank**? Queenslanders have fantastic options for buying better — from plastic-free packaging to second-hand style. Every conscious purchase is a step toward a cleaner, greener future. Let's shop smart!

Eco-Friendly Online Stores

[Biome](#)

Australia's original eco store — offering everything from **plastic-free kitchen gear**, toxin-free skincare, to sustainable gifts and zero-waste essentials. Biome is a certified B Corp and rigorously screens every product for true sustainability.

[Flora & Fauna](#)

Vegan, cruelty-free and planet-friendly! Shop eco household goods, beauty products, and ethical fashion from this massive online store with fast delivery.

[SimplyClean](#)

A Queensland-made range of **natural cleaning products** that are tough on grime but gentle on the planet. No synthetic fragrances or harmful toxins — just sparkling results and a fresh, clean home.

Zero-Waste & Bulk Food Stores (QLD & National)

[The Source Bulk Foods](#)

Bring your own containers and shop over 400 bulk wholefoods, cleaning and beauty products — with multiple Queensland locations and an online store.

[Naked Foods](#)

Waste less and eat well! Naked Foods offers **organic, bulk pantry staples** with a strong focus on sustainability. Available in-store and online.

Kitchen Tips & Tricks

Secondhand & Vintage Shops in Queensland

Why buy new when you can give pre-loved items a second life?

Check out:

- **Lifeline, Vinnies, and Salvos** stores in most QLD towns
- **SWOP Clothing Exchange** (West End, Brisbane) — curated vintage and streetwear
- **Retro Metro** (Brisbane) — quirky and colourful vintage finds
- **Instagram & Facebook Marketplace** — perfect for hyperlocal fashion swaps

Tip: Host or attend a local **clothing swap** for guilt-free wardrobe updates!

Local & Organic Grocers

Support local farmers, reduce food miles, and shop with minimal packaging at these great options:

- **Brisbane Farmers Market** (Powerhouse & Jan Powers Markets)
- **Northey Street Organic Market** (every Sunday in Windsor)
- **Food Connect Brisbane** — foodconnect.com.au
Community-supported agriculture with seasonal produce direct from farmers.
- **CERES Fair Food** (delivers to SEQ) — ceresfairfood.org.au
A mission-driven grocer that puts planet and people first.

** Shopping sustainably doesn't mean spending more — it means spending better. Choose quality, support ethical producers, and give second-hand items new life. Every eco-choice you make adds up!*