

i've got this.

Next level food skills

You've got the basics down. Now it's time to level up your food skills and make eating well work for your life. Whether you're feeding yourself between school, study, sport, work and hanging out with friends, a few extra skills can make food easier, cheaper and more enjoyable.

Meal planning maestro

Take the guesswork out of "what am I going to eat?"

A little planning can save you time and the stress of figuring out dinner when you're already hungry. Think about what you've got happening during the week and choose a few easy meals and snacks that fit. Start with a few go-to options and make a shopping list based on what you already have at home.

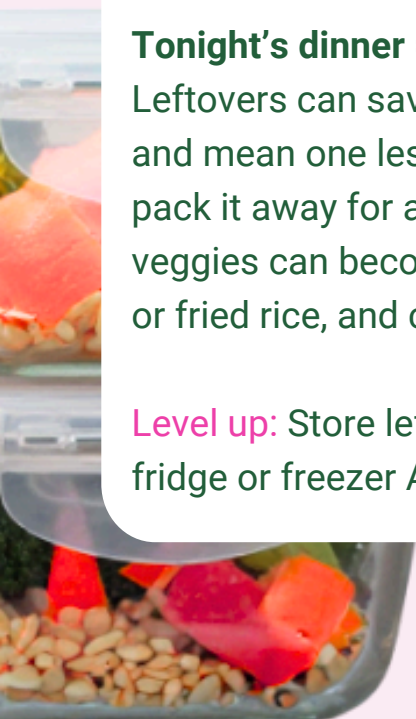
Level up: Have a few "no-brainer" meals you can make when you're short on time, like eggs on toast, a veggie-filled pasta, a stir-fry or a sandwich.

Leftover legend

Tonight's dinner = tomorrow's lunch. Easy win.

Leftovers can save you spending money on takeaways, reduce food waste and mean one less meal to think about. When cooking, make a little extra and pack it away for another meal. You can also give leftovers a makeover. Roast veggies can become a salad or wrap, leftover chicken can go into a sandwich or fried rice, and cooked pasta can become tomorrow's lunch.

Level up: Store leftovers in a clean, covered container and get them into the fridge or freezer ASAP.





Batch cooking boss

Cook once. Eat more than once.

Batch cooking is all about doing a bit more preparation when you have the time, so future-you has less work to do. Cook a big pot of soup, pasta sauce, curry or chilli, or prep ingredients that can be mixed and matched across meals. Freeze extra portions so you have something ready for those nights when cooking feels like too much effort.

Level up: Think base + extras. Cook a batch of rice, pasta or a tasty sauce, then change it up with different vegetables, proteins or toppings throughout the week.

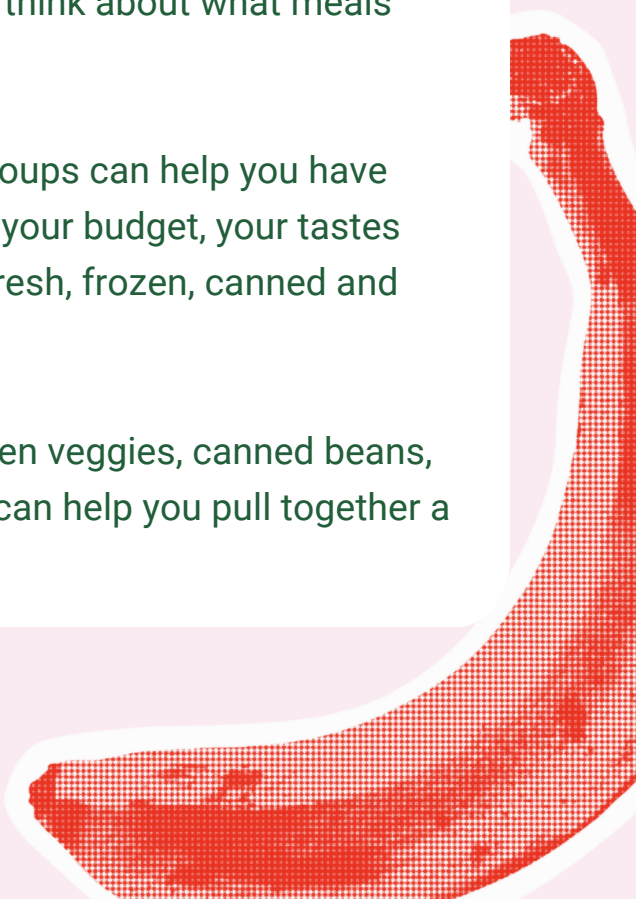
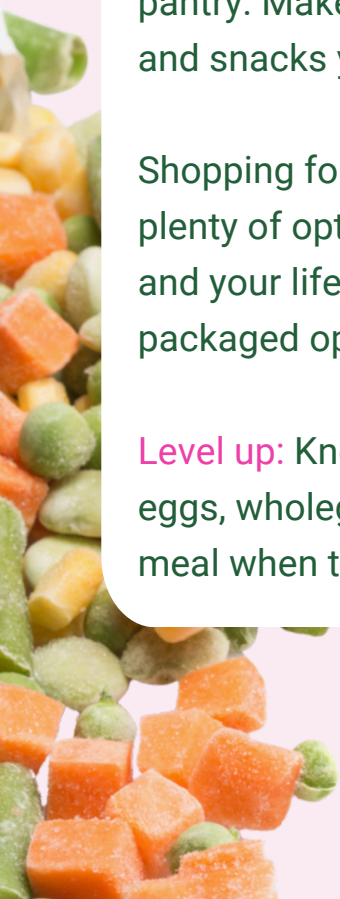
Shopping superstar

Shop with a plan, not just your stomach.

Before you head to the shops, check what's already in the fridge, freezer and pantry. Make a list of what you actually need and think about what meals and snacks you'll make with it.

Shopping for a mix of foods from the five food groups can help you have plenty of options at home. Look for foods that fit your budget, your tastes and your lifestyle, and don't be afraid to choose fresh, frozen, canned and packaged options.

Level up: Know your supermarket shortcuts. Frozen veggies, canned beans, eggs, wholegrain bread and other pantry staples can help you pull together a meal when time is tight.





Food storage fanatic

Know where your food belongs.

Good food storage helps keep food safe, fresh and ready to eat, and can help cut down on food waste. Learn which foods belong in the fridge, freezer or pantry, and get into the habit of checking use-by and best-before dates.

Pack leftovers into suitable airtight containers, label or date anything you're freezing, and keep your fridge and freezer organised so you can actually find what you've got.

Level up: Put food you need to use soon where you can see it. Your future self, and your wallet, will thank you.

Recipe re-inventor

Recipes are a starting point, not a rulebook.

Missing an ingredient? No worries. Learning to swap ingredients is one of the best cooking skills you can have. Try different vegetables, beans, grains, herbs, spices or proteins depending on what you have at home and what you enjoy.

You can also adapt recipes to suit allergies, cultural foods, dietary preferences, your budget or simply what's in the fridge.

Level-up: Put AI to work for you. Ask for suggestions on what to make with what you have.

