

FIGHT FOOD WASTE

FOOD SAVING HABITS START WHEN YOU
LOOK.BUY.STORE.COOK

1 LOOK

LOOK AT WHAT FOOD YOU HAVE BEFORE SHOPPING



- Write a list
- Plan your meals
- Check dates (but also use your senses!)
Best before = when product is at its 'best' and can still be eaten after this date.
Use-by = guide to when the product should be consumed for food safety reasons

2 BUY

BUY ONLY WHAT YOU NEED



- Avoid special deals and '2 for 1' offers
- Buy loose fruit and veg so you can choose the right amount - look for wonky ones if you can!

3 STORE

STORE FOOD CORRECTLY



- Store ripe fruit in the fridge (not bananas)
- Meat should be stored on lower shelves
- Freeze and label food near its use-by date if you are not going to use it
- Keep the fridge temperature at 4°C

4 COOK

COOK WITH WHAT YOU HAVE BEFORE BUYING MORE!



- Look at what needs using up and watch your food go further
- Love your leftovers
- Get creative - google ingredients to find recipes

Did you know that reducing food waste at home is the most powerful thing you can do to contribute to climate action?

For more inspiration and tips visit www.fightfoodwaste.org

