

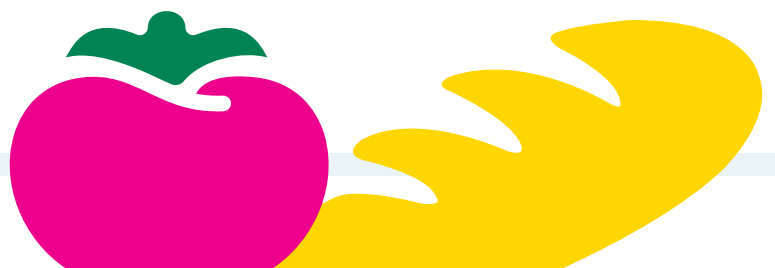
# Top Tips for Reducing Food Waste

## → Planning

**A great way to save money and time and to reduce food waste is to spend a little time planning your weekly meals.**



- Check what ingredients are in your cupboards, fridge and freezer.
- Plan a menu of meals.
- Write a shopping list.
- Living with friends or family? Save time and money by taking turns to cook for everyone.
- Cook double the quantity of soups and sauces (tomato, mushroom, bolognese, cheese), use one and freeze one.



# Understanding dates – what do the terms mean?

## Use by dates

- This means the food (usually meat and dairy products) can be eaten or frozen before or on the date.

## Best before dates

- Dates refers to quality not food safety. You can eat the food after this date but it may not look or taste its best.
- Eggs are an exception and shouldn't be eaten after their best before date.

## Super Storage Solutions

Storing food in the right way can make it last much longer.

- Keep your fridge at 5 degrees or lower.
- Store your food according to the instructions on the pack.
- If you don't manage to eat all the fresh food before the use by date, try freezing it. You can freeze almost anything, including milk, cheese and yoghurts.
- All fruit, except bananas, should be kept in the fridge.
- Potatoes should be kept somewhere dry and dark.
- Make use of frozen or canned fruit and veg. They can be stored longer, are as nutritious and can be cheaper than fresh varieties.

## Portion Size

**Lots of food gets wasted because we cook too much. Avoid this by getting to know your portion sizes or by using your leftovers for other meals or recipes.**

- A mug of uncooked rice is a good measure when you're cooking for four adults.
- Let people serve themselves. encouraging people to take a modest portion and come back for a second helping.
- Buy vegetables and meat in the exact quantity you need, which can save money and stop food going off before you use it.

## Love Your Leftovers

- Include leftovers in your meal planning by making extra servings to have for lunch the next day or later in the week.
- Add a 'leftovers' night to your weekly meal plan to use up all the ingredients in your fridge.
- Store leftovers in sealable, shallow containers as this will help them to cool quicker.
- Any leftover food should be cooled and put in the freezer or fridge within two hours of being cooked.

