



Tips to avoid food wastage

- Plan your weekly menu and shop to a list
- Check your fridge and cupboard before writing your shopping list
- Choose fruit and vegetables that will be ripe when you're ready to use them
- Think carefully before buying specials and deals
- Always look for the use-by and best-before dates
- Measure your serving sizes
- Store leftovers in the freezer for an easy weeknight dinner
- Airtight containers help keep your food fresher for longer
- Check food packaging for correct storage tips

