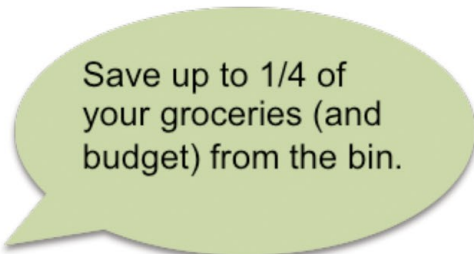


# Top 12 Tips to Reduce Food Waste



Save up to 1/4 of  
your groceries (and  
budget) from the bin.

## Shop Smart

1. **Take Stock:** Know what you have and plan meals based on your inventory. Make your shopping list pre shop.
2. **Stick to Your List:** Don't be tempted to over-purchase. It's a costly waste if you don't consume what you buy, even if it is on special.
3. **Buy Wonky:** Funny-looking or "ugly" produce tastes just as good and shouldn't be wasted just because size, shape, or color are not perfect.

## Store Sensibly

4. **Practice FIFO (First in First Out):** Organize your pantry and fridge so newest groceries are at the back, oldest in the front.
5. **Eat Me First:** Have a special bin in your fridge for food that needs to be consumed soon.
6. **Keep it Fresh:** Keep your fridge between 1-5 degrees C, use airtight containers,
7. **Preserve It:** If the clock is ticking, freeze it, can it, dry it, or dehydrate it.

## Cook with Care

8. **Understand Labels:** Best before dates are not ultimatums! They only indicate peak freshness, so food is perfectly safe to eat even after these dates.
9. **Use It All:** Use a spatula to scrape out containers. Only toss non-edible parts of produce.
10. **Get Creative:** Soups, stews, and smoothies are great "use it up" options.

## At The Table

### Feast Like A Food Fan

11. **Serve Wisely:** Join the clean plate club. Ask for smaller portions or eat family style (serving yourself just the right amount from shared bowls). You can always get seconds.
12. **Love Your Leftovers:** Refrigerate or freeze leftovers and remember to eat them! Date and label items in transparent containers to avoid mystery meals.

If it can not be consumed by you,

- Share it! Have a friend over for a meal
- Feed it to an animal/pet
- Compost it

...Food does NOT belong in the landfill.